

# SHARP



## — COOKERY BOOK —



# SHARP

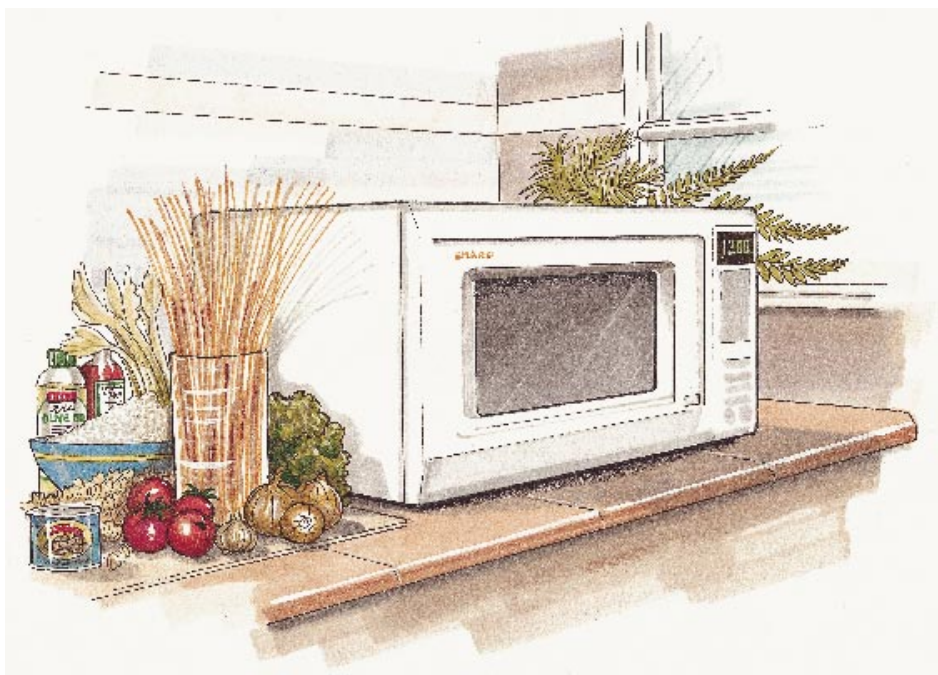
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# INTRODUCTION



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# COOKING HINTS



This Cookery Book contains a wide variety of recipes developed specifically for your microwave oven.

These will give you successful results and will save time and electricity. The recipes demonstrate the capabilities of your oven

and prove that microwave technology combined with grill or convection energy is the efficient and effective alternative to conventional cooking.

## NOTES

- 1 All ingredients are given in both metric and imperial measures. Use either set but not a combination of both measures.
- 2 Food temperatures are:-  
Frozen: -18°C, Chilled: 5°C, Room: 20°C
- 3 When cooking Rice & Pasta (see page 7), cooking time is constant for any quantity of rice or pasta; boiling water must be adjusted according to quantity of rice or pasta. After leaving the Rice/Pasta to stand, rinse in boiling water prior to serving.
- 4 Butter and margarine can be interchanged in recipes, as preferred.
- 5 Half fat, skimmed or full fat milk may be used in all recipes, as preferred.
- 6 Where it is necessary to blend foods, use a food processor, liquidiser or press through a sieve.
- 7 Refer to operation manual for advice on suitable cookware.
- 8 Where dishes are covered, use vented microwave cling film unless otherwise stated. Where dishes are lined, use greaseproof paper unless otherwise stated.
- 9 All preparation times and serving quantities are approximate.
- 10 Serve all dishes immediately unless otherwise stated.
- 11 For sequence programming refer to the operation manual.

### SYMBOLS:

● **Method:** Where shielding is necessary use small pieces of foil.

■ **Poultry Chart:** Chicken, turkey and duck must be defrosted without giblets.

▲ **Standing Time:** During recommended standing time, wrap or cover food in foil.

## DEFROSTING (MICROWAVE)

FOOD	DEFROST TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
<b>Meat Joints (Beef, Lamb, Pork)</b>	20-21 Minutes 450g (1lb)	LOW	• Place in a flan dish Turn over 4-5 times during defrosting. Shield.	• 45-60 Minutes
<b>Minced Beef</b>	6-7 Minutes 450g (1lb)	MEDIUM LOW	• Place on a plate or in a bowl. Turn over/stir 3-4 times, removing defrosted mince each time.	• 15-20 Minutes
<b>Steak 2cm (3/4") thick</b>	9-10 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over 2-3 times, separate during defrosting.Shield.	• 25-30 Minutes
<b>Chops &amp; Sausages</b>	11-12 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over 2-3 times, separate during defrosting.Shield.	• 25-30 Minutes
<b>Bacon</b>	9-10 Minutes 450g (1lb)	MEDIUM LOW	• Place on a plate. Separate and rearrange twice during defrosting. Shield.	• 5-10 Minutes
<b>•Whole poultry (Chicken, Turkey, Duck)</b>	17-18 Minutes 450g (1lb)	LOW	• Place in a flan dish. Turn over 4-5 times during defrosting. Shield.	• 45-60 Minutes
<b>•Chicken Portions</b>	6-7 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over, rearrange 2-3 times during defrosting. Shield.	• 25-30 Minutes
<b>•Chicken/Turkey Breast &amp; Drumsticks</b>	9-10 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over, rearrange 2-3 times during defrosting. Shield.	• 25-30 Minutes
<b>•Minced Turkey</b>	9-10 Minutes 450g (1lb)	MEDIUM LOW	• Place on plate or in a bowl. Turn over/ stir 3-4 times removing defrosted mince each time.	• 15-20 Minutes
<b>Whole Fish (Trout, Mackerel)</b>	8 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over twice during defrosting. Shield.	• 15 Minutes
<b>Fish Fillets/ Steaks</b>	6 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over twice, separate during defrosting. Shield.	• 15 Minutes
<b>Apples</b>	7-8 Minutes 450g (1lb)	MEDIUM LOW	Place in a dish. Stir during defrosting.	10 Minutes
<b>Blackcurrants/ Redcurrants Raspberries/ Blackberries</b>	5-6 Minutes 450g (1lb)	MEDIUM LOW	Place in a dish. Stir during defrosting.	10 Minutes
<b>Gooseberries Rhubarb/ Strawberries</b>	6-7 Minutes 450g (1lb)	MEDIUM LOW	Place in a dish. Stir during defrosting.	10 Minutes
<b>Bread (sliced)</b>	5-6 Minutes 400g (14oz)	MEDIUM LOW	Place on the turntable. Separate and rearrange during defrosting.	5-10 Minutes
<b>Pastry (Puff or Shortcrust)</b>	4-5 Minutes 450g (1lb)	MEDIUM LOW	Place on a plate. Turn over halfway through defrosting.	10-15 Minutes
<b>Meat &amp; Fruit Pies (cooked)</b>	6-7 Minutes large pie	MEDIUM LOW	Remove from foil container. Place in a shallow flan dish.	15-20 Minutes

**Note:** Ensure you read all cookery notes on page 2, for advice and explanations of symbols before proceeding.

## DUAL COOK - (MICROWAVE & CONVECTION)

FOOD	METHOD	COOKING TIME	COOKING MODE
<b>Beef (rare)</b>	Place fat side down in a flan dish on the low rack. Calculate cooking time. Turn over and remove juices halfway through cooking.	14-15 Minutes per 450g (1lb)	DUAL COOK 160°C, MEDIUM LOW.
<b>Beef/Lamb (medium)</b>	As above	16-17 Minutes per 450g (1lb)	DUAL COOK 160°C, MEDIUM LOW.
<b>Beef/Lamb (well done)</b>	As above	19-20 Minutes per 450g (1lb)	DUAL COOK 160°C, MEDIUM LOW.
<b>Pork</b>	Place fat side down in a flan dish on the low rack. Calculate the cooking time. Use sequence programming: <b>Stage 1:</b> Cook on DUAL COOK 160°C, MEDIUM for the first half of the cooking time. Turn over and remove juices at the end of <b>Stage 1</b> . <b>Stage 2:</b> Cook on DUAL COOK 130°C, MEDIUM for the second half of cooking time. • Stand for 10 minutes after cooking.	17-18 Minutes per 450g (1lb)	<b>Stage 1:</b> DUAL COOK 160°C, MEDIUM. <b>Stage 2:</b> DUAL COOK 130°C, MEDIUM.
<b>* Poultry</b>	Place breast side down in a flan dish on the low rack. Turn over and remove juices halfway through cooking. • Stand for 10 minutes after cooking.	10-11 Minutes per 450g (1lb)	DUAL COOK 180°C, MEDIUM.
<b>Quiche (uncooked) Frozen</b>	Preheat oven to 200°C. Remove from foil container. Place in a flan dish on the low rack. • Stand for 3-4 minutes after cooking.	20-22 Minutes for a 450g (1lb) quiche	Preheated oven. DUAL COOK 200°C, MEDIUM LOW.
<b>Meat pie (uncooked) Frozen</b>	Preheat oven to 200°C. Remove from foil container. Glaze and place in a flan dish on the low rack. • Stand for 3-4 minutes after cooking.	22-25 Minutes for a 450g (1lb) pie	Preheated oven. DUAL COOK 200°C, MEDIUM LOW.
<b>Fruit pie (uncooked) Frozen</b>	Preheat oven to 200°C. Remove from foil container. Glaze and place in a flan dish on the low rack. • Stand for 3-4 minutes after cooking.	20-25 Minutes for a 450g (1lb) pie	Preheated oven. DUAL COOK 200°C, LOW.
<b>Sausage rolls (uncooked) Frozen</b>	Preheat oven to 220°C. Glaze and place in a flan dish on the low rack. • Stand for 3-4 minutes after cooking.	10-12 Minutes for 6 sausages rolls (approx. 50g (2oz) each)	Preheated oven. DUAL COOK 220°C, MEDIUM LOW.
<b>Garlic Bread</b>	Preheat oven to 230°C. Remove any packaging. Place in a flan dish on the low rack. No standing time is required.	6 Minutes for 1 baguette	Preheated oven. DUAL COOK 230°C, LOW.
<b>Baked Potatoes</b>	Preheat oven to 250°C. Pierce each potato in several places. Place on the low rack. No standing time is required.	16 minutes for 2 potatoes (250g each)	Preheated oven. DUAL COOK 250°C, MEDIUM HIGH.
<b>Roast Potatoes</b>	Cut into even sized pieces. Brush with oil. Place in a flan dish on the low rack. Turn over halfway through cooking. No standing time is required.	30-35 Minutes for 675g (1½lb) potatoes	DUAL COOK 220°C, MEDIUM LOW.

\* For poultry weighing 2.4kg or more, place in a flan dish on the turntable.

**Note:** Ensure you read all cookery notes on page 2, for advice and explanations of symbols before proceeding.

## DUAL GRILL - (MICROWAVE & GRILL)

FOOD	METHOD	COOKING TIME	COOKING MODE
<b>Beef (rare)</b>	Place fat side down in a flan dish on the low rack. Calculate the cooking time. Use sequence programming: <b>Stage 1:</b> Cook on MEDIUM HIGH for first half of cooking time. Turn over, remove juices. <b>Stage 2:</b> Cook on MEDIUM for second half of cooking time. <b>Stage 3:</b> Cook on DUAL GRILL, MEDIUM for the final 4 minutes of cooking time. ▲ Stand for 6-8 minutes after cooking.	10-12 Minutes per 450g (1lb)	<b>Stage 1:</b> MEDIUM HIGH. <b>Stage 2:</b> MEDIUM. <b>Stage 3:</b> DUAL GRILL, MEDIUM.
<b>Beef/Lamb (medium)</b>	As above	13-14 Minutes per 450g (1lb)	as above
<b>Beef/Lamb (well done)</b>	As above	17-18 Minutes per 450g (1lb)	as above
<b>Pork</b>	Place fat side down in a flan dish on the low rack. Calculate the cooking time. Use sequence programming: <b>Stage 1:</b> Cook on MEDIUM HIGH throughout, apart from the last 4 minutes. Turn over, remove juices halfway through <b>Stage 1</b> . <b>Stage 2:</b> Cook on DUAL GRILL, MEDIUM HIGH for the final 4 minutes of cooking time. ▲ Stand for 10 minutes after cooking.	18-20 Minutes per 450g (1lb)	<b>Stage 1:</b> MEDIUM HIGH. <b>Stage 2:</b> DUAL GRILL, MEDIUM HIGH.
<b>Poultry (Max. 1.8kg (4lb))</b>	Place breast side down in a flan dish on the low rack. Calculate the cooking time. Use sequence programming: <b>Stage 1:</b> Cook on HIGH throughout, apart from the last 4 minutes. Turn over, remove juices halfway through <b>Stage 1</b> . <b>Stage 2:</b> Cook on DUAL GRILL, HIGH for the final 4 minutes of cooking time. ▲ Stand for 10 minutes after cooking.	12 Minutes per 450g (1lb)	<b>Stage 1:</b> HIGH. <b>Stage 2:</b> DUAL GRILL, HIGH.
<b>Chicken Portions</b>	Place best side down in a flan dish on the low rack. Calculate the cooking time. Use sequence programming: <b>Stage 1:</b> Cook on HIGH throughout cooking time, apart from the last 4 minutes. Turn over, remove juices halfway through <b>Stage 1</b> . <b>Stage 2:</b> Cook on DUAL GRILL, HIGH for the final 4 minutes of cooking time. ▲ Stand for 5 minutes after cooking.	11-12 Minutes per 450g (1lb)	<b>Stage 1:</b> HIGH. <b>Stage 2:</b> DUAL GRILL, HIGH.
<b>Pork chops (with bone)</b>	Place in a flan dish on the high rack. Turn over halfway through cooking. ▲ Stand for 3-4 minutes after cooking.	11-12 Minutes per 450g (1lb) chops	DUAL GRILL, MEDIUM HIGH.
<b>Lamb chops &amp; Boneless Pork Chops</b>	As above	9-10 Minutes per 450g (1lb) chops	DUAL GRILL, MEDIUM HIGH.
<b>Sausages (thick)</b>	Place in a flan dish on the high rack. Turn over after halfway through cooking. ▲ Stand for 2-3 minutes after cooking.	9-10 Minutes per 450g (1lb) sausages	DUAL GRILL, MEDIUM.
<b>Beefburgers Frozen</b>	As above	9-10 Minutes per 450g (1lb) beefburgers	DUAL GRILL, MEDIUM LOW.

**Note:** Ensure you read all cookery notes on page 2, for advice and explanation of symbols before proceeding.

## DUAL GRILL - (MICROWAVE & GRILL)

FOOD	METHOD	COOKING TIME	COOKING MODE
<b>Crispy crumb foods (chilled)</b>	Place in a flan dish on the high rack. Use sequence programming: <b>Stage 1:</b> Cook on DUAL GRILL, MEDIUM LOW for first half of cooking time. Turn over. <b>Stage 2:</b> GRILL for second half of cooking time. • Stand for 2-3 minutes after cooking.	7-8 Minutes for 100g (4oz)	<b>Stage 1:</b> DUAL GRILL, MEDIUM LOW. <b>Stage 2:</b> GRILL.
	As above	10-11 Minutes for 200g (7oz)	<b>Stage 1:</b> DUAL GRILL, MEDIUM LOW. <b>Stage 2:</b> GRILL.
	As above	11-12 Minutes for 300g (14oz)	<b>Stage 1:</b> DUAL GRILL, MEDIUM LOW. <b>Stage 2:</b> GRILL.
<b>Crispy crumb foods (frozen)</b>	Place in a flan dish on the high rack. Calculate the cooking times. Use sequence programming: <b>Stage 1:</b> Cook on DUAL GRILL, MEDIUM throughout, apart from the last 4 minutes. Turn over. <b>Stage 2:</b> GRILL for the last 4 minutes of cooking time.	8-9 Minutes for 100g (4oz)	<b>Stage 1:</b> DUAL GRILL, MEDIUM. <b>Stage 2:</b> GRILL.
		10-11 Minutes for 200g (7oz)	<b>Stage 1:</b> DUAL GRILL, MEDIUM. <b>Stage 2:</b> GRILL.
		12-13 Minutes for 400g (14oz)	<b>Stage 1:</b> DUAL GRILL, MEDIUM. <b>Stage 2:</b> GRILL.
<b>Oven ready Pizza (chilled)</b>	• Stand for 2-3 minutes after cooking. Place in a flan dish on the low rack • Stand for 2-3 minutes after cooking.	5-6 Minutes for 200g (7oz)	DUAL GRILL, MEDIUM.
	As above	6-7 Minutes for 350g (12oz)	DUAL GRILL, MEDIUM.
	As above	7-8 Minutes for 450g (1lb)	DUAL GRILL, MEDIUM.
<b>Oven chips (frozen)</b>	Place in a flan dish on the high rack. Turn over halfway through cooking. No standing time is required.	10-11 Minutes for 225g (8oz)	DUAL GRILL, MEDIUM LOW.
	As above	12-13 Minutes for 450g (1lb)	DUAL GRILL, MEDIUM LOW.
<b>Baked Potatoes</b>	Pierce each potato in several places. Place in a flan dish on the low rack. Turn over after 8 minutes of the cooking time. No standing time is required.	16 Minutes for 2 potatoes (250g each.)	DUAL GRILL, MEDIUM HIGH.
<b>Roast Potatoes</b>	Cut into even sized pieces. Brush with oil. Place in a flan dish on the low rack. Turn over halfway through cooking. No standing time is required.	24 Minutes for a 675g (1½lb) potatoes	DUAL GRILL, MEDIUM.
<b>Garlic Bread</b>	Remove any packaging. Place in a flan dish on the low rack. No standing time is required.	5-6 Minutes for 1 baguette.	DUAL GRILL, LOW.
<b>Toasted Sandwich</b>	Prepare sandwich: Place two slices of ham and 50g (2oz) grated cheese between 2 slices of bread and butter. Place sandwich in a flan dish on the high rack. Turn over after 3 minutes of the cooking time. No standing time is required.	5-6 Minutes for 1 sandwich	DUAL GRILL, LOW.

**Note:** Ensure you read all cookery notes on page 2, for advice and explanations of symbols before proceeding.

# GRILLING

FOOD	METHOD	COOKING TIME	COOKING MODE
<b>Bacon</b>	Place in a flan dish on the high rack. Turn over halfway through cooking. Stand for 1-2 minutes after cooking.	8 Minutes for 1-6 rashers	GRILL
<b>Beef/Gammon Steak</b>	Place on the high rack. Turn over halfway through cooking. Stand for 3 minutes after cooking.	10-12 Minutes for 1-2 steaks	GRILL
<b>Fish Fingers (frozen)</b>	Place on the high rack. Turn over halfway through cooking. Stand for 2 minutes after cooking.	12 Minutes for 1-12 fingers	GRILL
<b>Toast</b>	Place on the high rack. Turn over after 3 minutes. No standing time is required.	5 Minutes for 1-4 slices	GRILL
<b>Cheese on toast</b>	Place bread on the high rack. Grill one side for 3 minutes turn over and cover with 50g (2oz) grated cheese. Grill for remaining time. No standing time is required.	6 Minutes for 2 slices	GRILL
<b>Tea cakes, Muffins &amp; crumpets</b>	Slice in half. Place on the high rack. Turn over halfway through cooking. No standing time is required.	5 Minutes for 1-4 halves	GRILL

# MICROWAVE COOKING

FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
<b>White rice (long grain)</b>	13-14 Minutes	MEDIUM HIGH	Add 300ml (1/2 pint) boiling water/100g (4oz) rice. Do not cover. Stir twice during cooking.	5 Minutes
<b>Brown rice</b>	19-21 Minutes	MEDIUM HIGH	Add 400ml (14fl.oz) boiling water/100g (4oz) rice. Do not cover. Stir twice during cooking.	5 Minutes
<b>Spaghetti (short cut) Pasta shells/ twists</b>	10-11 Minutes	MEDIUM HIGH	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir halfway through cooking.	4 Minutes
<b>Macaroni (short cut)</b>	11-12 Minutes	MEDIUM HIGH	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir halfway through cooking.	4 Minutes
<b>Tagliatelle</b>	9-10 Minutes	MEDIUM HIGH	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir halfway through cooking.	4 Minutes
<b>Scrambled Eggs</b>	15g (1/2oz) butter 2 eggs (size 3) 30ml (2tbsp) milk salt & pepper	HIGH	Melt butter in a bowl on HIGH for 30 seconds. Add eggs, milk, season, mix well. Cook on HIGH for 1 1/2-2 minutes, stirring every 30 seconds.	30 Seconds
<b>Baked/ Poached Eggs</b>	2 eggs (size 3)	HIGH	Break each egg into a ramekin dish. Carefully pierce white and yolk in 3-4 places. Cover and cook on HIGH for 50 seconds - 1 minute.	30 Seconds
<b>Fried Eggs</b>	10ml (2tsp) oil 1 egg (size 3)	HIGH	Place the oil in a 17.8cm (7") shallow dish. Heat on HIGH for 1 minute. Break the egg into the oil. Pierce yolk and white in 3-4 places. Cook on HIGH for 40-50 seconds.	30 Seconds

**Note:** Ensure you read all cookery notes on page 2, for advice and explanation of symbols before proceeding.



# MICROWAVE COOKING

FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME*
<b>Beef (rare) (Topside, Silverside)</b>	8-9 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 6 Minutes
<b>Beef (medium) (Topside, Silverside)</b>	11-12 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 8 Minutes
<b>Beef (well done) (Topside, Silverside)</b>	14-15 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 10 Minutes
<b>Beefburgers</b>	10-11 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 2-3 Minutes
<b>Minced Meat</b>	8-9 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a bowl. Stir 2-3 times during cooking.	▲ 2-3 Minutes
<b>Sausages (thick)</b>	4-5 Minutes 4 sausages	HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 2 Minutes
	6-7 Minutes 8 sausages	HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 2 Minutes
<b>Sausages (thin)</b>	2 Minutes 4 sausages	HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 2 Minutes
<b>Lamb (Fillet, Shoulder, Leg)</b>	14-15 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 10 Minutes
<b>Lamb Chops</b>	9-10 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 5 Minutes
<b>Pork (Loin, Leg)</b>	17-18 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 10 Minutes
<b>Pork Chops (with bone)</b>	15-17 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 4-5 Minutes
<b>Pork Chops (boneless)</b>	12-13 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 4-5 Minutes
<b>Gammon Joint</b>	17-18 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over 4-5 times during cooking.	▲ 10 Minutes
<b>Bacon</b>	3 Minutes 4 slices	HIGH	• Place on a plate. Turn over halfway through cooking.	▲ 1 Minutes
<b>Whole Poultry Chicken, Turkey, &amp; Duck</b>	8-9 Minutes 450g (1lb)	HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 10 Minutes
<b>Chicken Portions Chicken/Turkey Breasts &amp; Drumsticks</b>	10-11 Minutes 450g (1lb)	HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 5 Minutes
<b>Minced Turkey</b>	8-9 Minutes 450g (1lb)	HIGH	• Place in a bowl. Stir 2-3 times during cooking.	▲ 5 Minutes
<b>Fish Fillets</b>	6-7 Minutes 450g (1lb)	HIGH	• Place in a single layer in a flan dish. Cover and cook	▲ 2-3 Minutes
<b>Whole Fish &amp; Steaks</b>	6-8 Minutes 450g (1lb)	HIGH	• Place in a single layer in a flan dish. Cover and cook	▲ 2-3 Minutes

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# MICROWAVE COOKING

FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
<b>Aubergines &amp; Broccoli (fresh)</b>	4-5 Minutes 225g (8oz)	HIGH	Slice. Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Beans (green) (fresh)</b>	5-6 Minutes 225g (8oz)	HIGH	Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Brussels Sprouts (fresh)</b>	5-6 Minutes 225g (8oz)	HIGH	Add 45ml (3tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Cabbage, Carrots, Cauliflower &amp; Celery (fresh)</b>	4-5 Minutes 225g (8oz)	HIGH	Slice or break into florets. Add 30ml (2tbsp) of water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Corn on the Cob (fresh)</b>	6-7 Minutes 2 cobs	HIGH	Add 45ml (3tbsp) water. Cover dish. Turn over halfway through cooking.	2 Minutes
<b>Courgettes &amp; Leeks (fresh)</b>	4-5 Minutes 225g (8oz)	HIGH	Slice. Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Parsnips &amp; Spinach (fresh)</b>	5-6 Minutes 225g (8oz)	HIGH	Slice. Add 45ml (3tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Peas (fresh)</b>	4-5 Minutes 225g (8oz)	HIGH	Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Potatoes, Jacket (250g (9oz) each) (fresh)</b>	9-10 Minutes 2 potatoes	HIGH	Prick in several places. Place on the edge of the turntable.	4 Minutes
<b>Potatoes, boiled (old &amp; new) (fresh)</b>	9-10 Minutes 450g (1lb)	HIGH	Cut into quarters. Add 60ml (4tbsp) water. Cover. Stir halfway through cooking.	4 Minutes
<b>Swede &amp; Turnips (fresh)</b>	7-8 Minutes 225g (8oz)	HIGH	Dice. Add 45ml (3tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Beans &amp; Cabbage (green) (frozen)</b>	5-6 Minutes 225g (8oz)	HIGH	Place in a dish. Add 15ml (1tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
<b>Broccoli, Leaf Spinach &amp; Brussels Sprouts (frozen)</b>	6-7 Minutes 225g (8oz)	HIGH	Place in a dish. Add 15ml (1tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
<b>Carrots (sliced) (frozen)</b>	5-6 Minutes 225g (8oz)	HIGH	Place in a dish. Add 15ml (1tbsp) water. Cover. Stir halfway through cooking.	3 Minutes
<b>Cauliflower (florets) (frozen)</b>	5-6 Minutes 225g (8oz)	HIGH	Place in a dish. Add 15ml (1tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
<b>Corn on the Cob (frozen)</b>	10-11 Minutes 2 cobs	HIGH	Place in a dish. Cover. Turn over halfway through cooking.	3 Minutes
<b>Peas, Sweetcorn &amp; Mixed Vegetables (frozen)</b>	5-6 Minutes 225g (8oz)	HIGH	Place in a dish. Cover. Stir halfway through cooking.	2 Minutes
<b>Apples &amp; Rhubarb</b>	5-6 Minutes 450g (1lb)	HIGH	Peel and slice. Place in a dish and cover. Stir during cooking.	2 Minutes
<b>Blackberries, Raspberries, Blackcurrants, Redcurrants, Gooseberries</b>	5-6 Minutes 450g (1lb)	HIGH	Place in a dish and cover. Stir during cooking.	2 Minutes

**Note:** Ensure you read all cookery notes on page 2, for advice and explanation of symbols before proceeding.

# MICROWAVE REHEATING

FOOD	METHOD	COOKING TIME	COOKING MODE
<b>Canned foods (soups, beans, vegetables, etc.)</b>	Remove from the can. Place in a dish, cover. Stir halfway through cooking. Stand for 2 minutes after cooking.	5-6 Minutes for 425g (15oz) can	HIGH
<b>Christmas pudding</b>	Place in a flan dish. Do not exceed cooking time advised by food manufacturer. Stand for 30 seconds after cooking.	30-40 seconds for 125g (5oz) slice	MEDIUM HIGH
	As above	50sec/1 Minute for 175g (6oz) pudding	MEDIUM HIGH
	Place in a flan dish. Do not exceed cooking time advised by food manufacturer. Stand for 1 minute after cooking.	3-4 Minutes for 450g (1lb) pudding	MEDIUM HIGH
<b>Bread rolls/ Croissants</b>	Place on the turntable	20-30 seconds for 2	MEDIUM HIGH
<b>Sausage rolls (cooked, chilled approx. 50g (2oz) each)</b>	Preheat oven to 220°C. Place in a flan dish on the low rack. Stand for 2 minutes after cooking.	5-6 Minutes for 6 sausage rolls	Preheated oven. DUAL COOK 220°C, MEDIUM LOW.
<b>Quiche, (cooked, chilled)</b>	Preheat oven to 200°C. Remove foil container. Place in a flan dish on the low rack. Stand for 3 minutes after cooking.	8-10 Minutes for 450g (1lb) quiche	Preheated oven. DUAL COOK 200°C, MEDIUM LOW.
<b>Meat Pie (cooked, chilled)</b>	Preheat oven to 200°C. Remove foil container. Place in a flan dish on the low rack. Stand for 3 minutes after cooking.	8-9 Minutes for 450g (1lb) pie	Preheated oven. DUAL COOK 200°C, MEDIUM.
<b>Fruit Pie (cooked, chilled)</b>	Preheat oven to 200°C. Remove foil container. Place in a flan dish on the low rack. Stand for 3 minutes after cooking.	7-8 Minutes for 450g (1lb) pie	Preheated oven. DUAL COOK 200°C, LOW.

**Note:** Ensure you read all cookery notes on page 2, for advice and explanation of symbols before proceeding.

## CONVERSION CHARTS

WEIGHT MEASURES		VOLUME MEASURES		SPOON MEASURES	
15g	$\frac{1}{2}$ oz	30ml	1floz	1.25ml	$\frac{1}{4}$ teaspoon
25g	1oz	100ml	3floz	2.5ml	$\frac{1}{2}$ teaspoon
50g	2oz	150ml	5floz ( $\frac{1}{4}$ pint)	5ml	1 teaspoon
100g	4oz	300ml	10floz ( $\frac{1}{2}$ pint)	10ml	1 tablespoon
175g	5oz	600ml	20floz (1 pint)		
225g	8oz				
450g	1lb				

## BAKED AVOCADOS WITH HAM

SERVES 2 OR 4

- 50g (2oz) butter
- 50g (2oz) fresh brown breadcrumbs
- 100g (4oz) cooked ham, finely chopped
- 90ml (6tbsp) double cream
- salt and pepper to taste
- 5ml (1tsp) fresh parsley, chopped
- 2 large ripe avocados (see Tip, page 45)
- 15ml (1tbsp) lemon juice (see Tip, page 53)
- 50g (2oz) cheese, grated

*Garnish with fresh sprigs of parsley to serve*

PREPARATION TIME - 8 MINUTES

- 1 Place the butter in a bowl and heat on HIGH for 40 seconds. Stir in the breadcrumbs and ham, add enough cream to bind the mixture. Season with salt and pepper to taste and stir in the parsley, cook on HIGH for 2 minutes.
- 2 Cut the avocados in half, remove the stone and brush the flesh with lemon juice. Fill each avocado half with the breadcrumb mixture.
- 3 Place the avocados in a large flan dish and sprinkle with the grated cheese.
- 4 Place the dish on the high rack, use sequence programming to cook on HIGH for 1 minute, then on GRILL for 5 minutes until brown and crispy.

## GARLIC PRAWNS

SERVES 6

- 50g (2oz) butter
- 3 cloves garlic, crushed (see Tip, page 29)
- 250g (9oz) tiger prawns, cooked and peeled
- 15ml (1tbsp) fresh parsley, chopped

**Variation:**

**Garlic Mushrooms:** Substitute prawns with 175g (6oz) mushrooms cut into quarters.

PREPARATION TIME - 4 MINUTES

- 1 Heat the butter on HIGH for 30 seconds. Stir in the garlic and cook on HIGH for a further 30 seconds.
- 2 Stir in the prawns and cook on MEDIUM for 7 minutes, stirring every minute. Sprinkle with parsley to serve. Serve in ramekin dishes with French bread.



*Mushroom Soup (page 12); Greek Lentil Soup (page 12); Baked Avocados with Ham (page 11); Garlic Prawns (page 11).*



## STARTERS

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### MUSHROOM SOUP

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**SERVES 4**

**1 medium onion, chopped**  
**175g (6oz) mushrooms, sliced**  
**25g (1oz) butter**  
**25g (1oz) plain flour**  
**450ml (¾ pint) hot vegetable stock**  
**2.5ml (½ tsp) dried marjoram (see Tip, page 20)**  
**salt and pepper to taste**  
**300ml (½ pint) milk**

**PREPARATION TIME - 6 MINUTES**

- 1 Cook the onion, mushrooms and butter together in a bowl on HIGH for 3 minutes.
- 2 Stir in the flour to form a paste, gradually add the stock.
- 3 Stir in the marjoram, salt and pepper to taste. Cook on HIGH for 8 minutes, stir after 4 minutes.
- 4 Blend and add the milk, cook on HIGH for 6 minutes.

### BROCCOLI & BLUE CHEESE SOUP

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**SERVES 4**

**15ml (1tbsp) sunflower oil**  
**1 large onion, finely chopped**  
**400g (14oz) broccoli, broken into small florets**  
**1 litre (1¾ pints) hot vegetable stock**  
**300ml (½ pint) low fat natural yoghurt**  
**100g (4oz) Blue Stilton/Danish Blue, crumbled**  
**salt and pepper to taste**

**PREPARATION TIME - 8 MINUTES**

- 1 Place oil, onion and broccoli in a large bowl, mix well. Cover and cook on HIGH for 5 minutes.
- 2 Add the stock, mix well. Cover and cook on HIGH for 10 minutes.
- 3 Blend in a food processor. Return to bowl, stir in yoghurt and cheese. Season. Heat on MEDIUM HIGH for 8 minutes, stir every 2 minutes.

### GREEK LENTIL SOUP

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**SERVES 4**

**45ml (3tbsp) olive oil**  
**1 small onion, chopped**  
**1 clove garlic, crushed (see Tip, page 29)**  
**1 medium carrot, chopped**  
**1 stick celery, chopped**  
**100g (4oz) dried red lentils**  
**2.5ml (½ tsp) dried thyme (see Tip, page 20)**  
**2.5ml (½ tsp) dried marjoram (see Tip, page 20)**  
**175g (6oz) canned, chopped tomatoes**  
**900ml (1½ pints) hot vegetable stock**  
**salt and pepper to taste**

**PREPARATION TIME - 8 MINUTES**

- 1 Combine the olive oil, onion and garlic together in a large bowl and heat on HIGH for 2 minutes.
- 2 Add the carrot and celery, mix well. Cook on HIGH for 3 minutes.
- 3 Add the lentils, thyme, marjoram, tomatoes and stock, season and mix well.
- 4 Cook on HIGH for 5 minutes and then on MEDIUM for 25 minutes or until the lentils are tender. Stir every 5 minutes.

### TOMATO & ORANGE SOUP

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**SERVES 4**

**25g (1oz) butter**  
**1 medium onion, finely chopped**  
**1 large carrot, finely chopped**  
**1 large potato, finely chopped**  
**800g (1¾ lb) canned, chopped tomatoes**  
**juice and grated rind of 1 medium orange**  
**900ml (1½ pints) hot vegetable stock**  
**salt and pepper to taste**

**PREPARATION TIME - 10 MINUTES**

- 1 Melt the butter in a large bowl on HIGH for 30 seconds.
- 2 Add the onion, carrot and potato and heat on HIGH for 6 minutes, stir after 3 minutes.
- 3 Add the tomatoes, orange juice, orange rind and stock. Season to taste, mix thoroughly. Cover the bowl and cook on HIGH for 18 minutes or until the vegetables are tender.

## STARTERS

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### SMOKED FISH PATE

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SERVES 6

**60ml (4tbsp) cold water**  
**350g (12oz) smoked Haddock fillet**  
**juice and grated rind of 1 lemon**  
**salt and pepper to taste**  
**75g (3oz) butter**  
**10ml (2tsp) fresh chives, chopped**  
**175g (6oz) low fat cream cheese (Tip, page 56)**

*Suitable starter for a dinner party, serve with melba toast and crudités.*

PREPARATION TIME - 8 MINUTES

- 1 Add 60ml (4tbsp) water to the fish. Cover and cook on HIGH for 4 minutes. Drain. Remove skin, bones and flake the fish. Stir in the lemon juice and rind. Season.
- 2 Place the butter in a small bowl and melt on HIGH for 30 seconds. Stir the butter into the fish. Add the chives and cream cheese, mix well.
- 3 Place equal quantities of pâté into six ramekin dishes. Chill for approximately 2-3 hours before serving.

### SALAD PROVENCALE

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SERVES 2 - 4

**225g (8oz) courgettes, sliced**  
**1½ red pepper, seeded and sliced**  
**1½ green pepper, seeded and sliced**  
**1 small aubergine, sliced**  
**60ml (4tbsp) olive oil**  
**8 cherry tomatoes**  
**2 cloves garlic, crushed (see Tip, page 29)**  
**30ml (2tbsp) fresh parsley, chopped**  
**50g (2oz) whole black olives**  
**15ml (1tbsp) lemon juice (see Tip, page 53)**  
**salt and pepper to taste**

*Serve with French Dressing*

PREPARATION TIME - 8 MINUTES

- 1 Place the courgettes, red and green pepper, aubergine and olive oil in a large bowl, cook on MEDIUM HIGH for 6 minutes or until the vegetables have softened. Stir after half the cooking time.
- 2 Stir in the remaining ingredients and cook on MEDIUM HIGH for a further 5 minutes. Toss gently and transfer to a serving dish, chill before serving.



### VOL-AU-VENTS

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SERVES 8 - 10

**20 medium vol-au-vent cases**  
**milk to glaze**  
**125g (5oz) cooked chicken, finely chopped**  
**3 spring onions, finely sliced**  
**100g (4oz) mushrooms, finely chopped**  
**5ml (1tsp) fresh parsley, chopped**  
**salt and pepper to taste**  
**sauce:**  
**50g (2oz) butter**  
**50g (2oz) plain flour**  
**300ml (½ pint) milk**  
**2.5ml (½tsp) nutmeg, grated**  
**fresh chives, chopped to garnish**

*Ideal for buffets or special occasions.*

PREPARATION TIME - 12 MINUTES

- 1 Preheat the oven to CONVECTION 220°C.
- 2 Place vol-au-vent cases on two large, greased flan dishes and brush with milk. Place one dish on the high rack and the other on the low rack.
- 3 Bake in preheated oven on CONVECTION 220°C for 15-16 minutes until golden. Cool.
- 4 Place chicken, spring onions, mushrooms, parsley, salt and pepper in a bowl, mix well. Cover and cook on HIGH for 3 minutes.
- 5 To prepare the sauce, melt butter in a small bowl on HIGH for 30 seconds, stir in the flour and gradually add the milk. Cook on HIGH for 4 minutes, stir every minute until smooth and thick. Stir in the nutmeg and chicken mixture.
- 6 Fill vol-au-vent cases with chicken mixture and sprinkle with the chives. Chill before serving.

## SALMON AND CHEESE PARCELS

**SERVES 4**

**225g (8oz) salmon fillet, cooked, flaked**

**225g (8oz) canned asparagus, chopped**

**225g (8oz) cream cheese and chives**

**Salt and pepper to taste**

**15ml (1tbsp) fresh dill, chopped**

**450g (1lb) puff pastry**

**1 egg to glaze**

**PREPARATION TIME - 18 MINUTES**

- 1 Place the salmon, cream cheese, asparagus, seasoning and dill in a bowl, mix well. Cook for 2 minutes on MEDIUM HIGH, stirring once. Leave to cool.
- 2 Preheat the oven to 200°C.
- 3 Roll out and cut pastry into four 15.3cm (7") squares.
- 4 Divide salmon and mixture into 4 and place in the centre of each square. Brush edges with egg. Form parcels by folding the corners over the filling. Pinch edges to form a raised edge. Brush with egg. Place in two large, greased flan dishes or round baking trays.
- 5 Place one dish on the low rack, the other on the high rack. Cook on 200°C for 20 minutes. Swap over the trays and cook for a further 10 minutes until golden. Fresh chives, chopped to garnish.



*Salmon and Cheese parcels (page 14); Crispy Stuffed Mushrooms (page 14); Salad Provencale (page 13)*

## CRISPY STUFFED MUSHROOMS

**SERVES 4**

**12 medium open cap mushrooms**

**75g (3oz) butter**

**2 cloves garlic, crushed (See Tip, page 29)**

**75g (3oz) fresh breadcrumbs**

**50g (2oz) cheese, grated**

**Variation:**

**Stilton Stuffed Mushrooms:** Omit garlic and grated cheese. Add 100g (4oz) Stilton, crumbled at Stage 2.

**PREPARATION TIME - 6 MINUTES**

- 1 Remove and chop mushroom stalks. Place mushroom caps in a large flan dish open side up.
- 2 Heat butter with garlic on HIGH for 1 minute, stir in chopped mushroom stalks and breadcrumbs. Fill mushrooms with mixture, sprinkle with cheese.
- 3 Place dish on the high rack and cook on DUAL GRILL, MEDIUM for 6 minutes.



## FISH & BULGAR WHEAT SALAD

SERVES 4

A VERY REFRESHING AND COMPLIMENTARY WAY TO SERVE FISH.

**225g (7oz) bulgar wheat or cous cous**  
**600ml (1pint) boiling water**  
**30ml (2tbsp) olive oil**  
**1 large onion, chopped**  
**1 stick of celery, chopped**  
**2 medium courgettes, chopped**  
**300ml (½ pint) hot fish stock**  
**100g (4oz) cabbage, shredded**  
**100g (4oz) green beans**  
**10 cherry tomatoes**  
**450g (1lb) Hoki or Cod fillets, in small chunks**  
**2.5ml (½tsp) ground coriander**  
**salt and pepper to taste**  
**30ml (2tbsp) olive oil**  
**30ml (2tbsp) fresh mint, chopped**  
**juice and grated rind of half a lemon**

PREPARATION TIME - 15 MINUTES

- 1 Place bulgar wheat in a large bowl, add boiling water, mix well and heat on MEDIUM for 7 minutes. Leave to stand, do not drain.
- 2 Place 30ml (2tbsp) of the olive oil and onion in a bowl, heat on HIGH for 1 minute. Add celery and courgettes, mix well and cook on HIGH for 3 minutes.
- 3 Add the stock. Cook on MEDIUM for 6 minutes. Add cabbage, beans, tomatoes and fish, mix well. Season with coriander, salt and pepper. Cook on MEDIUM for 8 minutes until fish is cooked.
- 4 Drain and rinse bulgar wheat in boiling water, stir in the olive oil, mint, lemon juice and lemon rind. Stir in the fish mixture. Allow to chill before serving.

*Most of the remaining juice will be absorbed whilst chilling.*



Fish Kebabs (page 16); Cheesy Goujons (page 16); Fish and Bulgar Wheat Salad (page 15).



## GRILLED TUNA STEAK WITH TARRAGON

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**SERVES 4**

**5ml (1tsp) green peppercorns, crushed**  
**15ml (1tbsp) fresh tarragon**  
**2.5ml (½tsp) salt**  
**4 fresh tuna steaks (approx. 250g (9oz) each)**  
**juice and grated rind of 2 medium oranges**  
**olive oil to sprinkle**  
**15ml (1tbsp) cornflour mixed with**  
**15ml (1tbsp) water**

*Serve with new potatoes and fresh vegetables.*

**PREPARATION TIME - 35 MINUTES**

- 1 Mix peppercorns, tarragon and salt. Rub evenly onto the steaks and arrange in a flan dish, add orange juice and rind. Sprinkle generously with oil. Marinade in fridge for 30 minutes.
- 2 Place on low rack, use sequence cooking to cook on MEDIUM for 10 minutes, then on DUAL GRILL, MEDIUM for 8 minutes.
- 3 Remove fish steaks from flan dish. Stir cornflour mixture into remaining juice. Heat on HIGH for 3 minutes until thickened, stir after 1 minute.
- 4 Return the fish steaks to the sauce and heat on MEDIUM HIGH for 1 minute.

## CHEESY GOUJONS

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**SERVES 4**

**450g (1lb) white fish fillets**  
**100g (4oz) fresh white breadcrumbs**  
**50g (2oz) Parmesan cheese**  
**salt and pepper to taste**  
**1 egg (size 3), beaten**  
**olive oil**

**PREPARATION TIME - 8 MINUTES**

- 1 Cut fish into thin strips approx. 6.4cm (2.5") long.
- 2 Combine breadcrumbs and cheese. Season.
- 3 Dip fish strips first into egg, then into breadcrumb mixture, coat evenly.
- 4 Brush a large flan dish with olive oil and spread half the coated fish in a single layer over the base.
- 5 Place on high rack. Cook on DUAL GRILL, LOW for 12 minutes, turn over after 7 minutes. Repeat for the remaining fish.

## FISH KEBABS

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**SERVES 4**

**4 wooden skewers**  
**2 courgettes, cut into 8 chunks**  
**4 medium mushrooms, stalks removed**  
**450g (1lb) firm fleshed fish skinned and cut into 8 cubes**  
**4 slices of orange**  
**2 firm medium tomatoes, halved**  
**5ml (1tsp) fresh dill, chopped**  
**50g (2oz) butter**

**PREPARATION TIME - 10 MINUTES**

- 1 Thread pieces of courgette, mushroom, fish, orange and tomato onto each skewer in a regular sequence. Leave no wood exposed.
- 2 Heat the dill and butter in a small bowl on HIGH for 1 minute. Brush kebabs with the dill butter, place in a flan dish on the high rack.
- 3 Cook on DUAL GRILL, MEDIUM for 12 minutes. Turn over and rearrange the kebabs every 4 minutes.

## KEDGEREE

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**SERVES 4**

**350g (12oz) smoked Haddock**  
**100g (4oz) butter**  
**1 large onion, finely chopped**  
**225g (8oz) white long grain rice**  
**600ml (1 pint) boiling water**  
**150ml (¼ pint) single cream**  
**4 hard boiled eggs (size 3), chopped**  
**salt and pepper to taste**

*Garnish with parsley to serve.*

**PREPARATION TIME - 8 MINUTES**

- 1 Arrange haddock in a single layer in a large flan dish, cover. Cook on HIGH for 5 minutes. Remove any skin and bones from fish, flake flesh.
- 2 Place butter in a large bowl, heat on HIGH for 30 seconds until melted. Stir in onion, cook on HIGH for a further 30 seconds. Stir in rice and boiling water, cook on MEDIUM HIGH for 14-15 minutes until rice is tender. Stir 2-3 times during cooking. Drain if necessary.
- 3 Add fish, cream, eggs, seasoning, mix well. Cook on HIGH for 4-5 minutes, stir after 2 minutes.

## FISH

### PAELLA

SERVES 4

**200g (7oz) white long grain rice**  
**600ml (1 pint) hot chicken stock**  
**2.5ml (½tsp) turmeric**  
**salt and pepper to taste**  
**1 red pepper, seeded and sliced**  
**100g (4oz) prawns, peeled and cooked**  
**100g (4oz) peas**  
**100g (4oz) cockles, cooked**  
**100g (4oz) mussels, cooked**  
**100g (4oz) whole baby corn**  
**225g (8oz) chicken, cooked and chopped**

PREPARATION TIME - 6 MINUTES

- 1 Place the rice in a large bowl and add the stock, turmeric and seasoning. Cook on MEDIUM HIGH for 14-15 minutes, until the rice is tender, stir 2-3 times during cooking. Drain.
- 2 Stir in the pepper, prawns, peas, cockles, mussels, baby corn and chicken. Cook on HIGH for 6 minutes, stirring halfway through cooking.

### TROUT WITH ORANGE & ALMONDS

SERVES 2

**2 medium trout (approx. 225g (8oz) each)**  
**salt and pepper to taste**  
**juice and rind of 1 orange**  
**50g (2oz) flaked almonds**

*Garnish with slices of orange to serve.*

PREPARATION TIME - 6 MINUTES

- 1 Wash the trout. Discard heads and tails and pat dry. Place in a large flan dish, pierce in several places. Season. Pour over the orange juice and sprinkle with the rind and flaked almonds.
- 2 Place on low rack, cook on DUAL GRILL, MEDIUM for 9-10 minutes. Turn over halfway through cooking.

### RED MULLET WITH HOLLANDAISE SAUCE

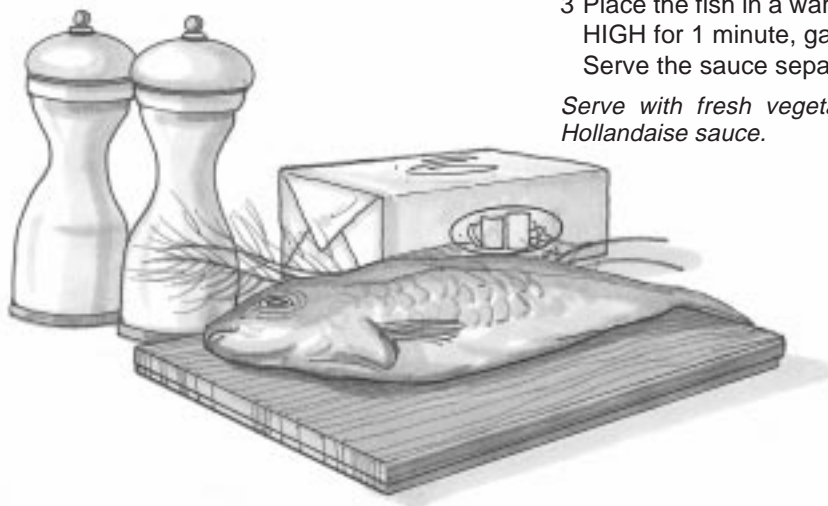
SERVES 4

**4 fresh red Mullet**  
**salt and pepper to taste**  
**25g (1oz) butter**  
**150ml (¼ pint) Hollandaise sauce (see page 65)**  
**fresh fennel to garnish**

PREPARATION TIME - 18 MINUTES

- 1 Rinse the fish under cold water, pat dry with kitchen paper. Season with salt & pepper. Place in a large flan dish, pierce the fish in several places. Dot with butter. Cover and cook on HIGH for 6-7 minutes per 450g (1lb).
- 2 Prepare the sauce.
- 3 Place the fish in a warm serving dish, reheat on HIGH for 1 minute, garnish with fennel. Serve the sauce separately.

*Serve with fresh vegetables, new potatoes and Hollandaise sauce.*



## FISH

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### FISH FILLET WITH LEEK-CHEESE-SAUCE

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SERVES 4

3 leeks, cut into rings  
50g (2oz) butter or margarine  
175g (6oz) spring onion, cut in rings  
1/2 tsp (2.5ml) dried marjoram  
40g (3/4 oz) flour  
500ml (3/4 pint) milk  
100g (4oz) grated gruyere  
salt, pepper  
1 1/2 tbsp (7.5ml) chopped parsley  
800g (1 3/4 lb) fish fillet (e.g. cod)

PREPARATION

- 1 Put leeks, butter, onions and marjoram in a casserole and heat for 3-4 mins on HIGH.
- 2 Stir in the flour and add the milk. Stir to a smooth sauce.
- 3 Cook for 3-4 mins on HIGH uncovered.
- 4 Stir in the cheese and taste for seasoning.
- 5 Place fish fillet in a large bowl and pour the sauce over.
- 6 Cook on HIGH for 25 minutes.
- 7 After cooking take out the fish and stir in the sauce well. Garnish with chopped parsley.

### FISH FILLET WITH PIQUANT SAUCE

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SERVES 4

1 tin (825g) canned tomatoes, drain  
1 tin (280g) corn  
2-3tsp (30-45ml) chili sauce  
40g (1 3/4 oz) onion, finely chopped  
3 tsp (45ml) red wine vinegar  
1/4 tsp (1.25ml) mustard  
1 tsp (5ml) thyme  
1 tsp (5ml) cayenne pepper  
800g (1 3/4 lb) fish fillet (e.g. salmon)

PREPARATION

- 1 Mix ingredients of sauce together.
- 2 Place fish fillet (e.g. rosefish fillet) in a bowl and spread the sauce on the fish fillet.
- 3 Cook on MEDIUM HIGH for 25 minutes.

## CASSEROLE

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SERVES 6

4tbsp (60ml) plain flour  
1 1/2tsp (7.5ml) salt  
1 1/2tsp (7.5ml) pepper  
3tsp (15ml) mixed herbs  
500g (1lb 2oz) braising steak (sliced thinly)  
3 streaky bacon rashers (chopped)  
25g (1oz) butter  
100g (4oz) carrot (sliced thinly)  
100g (4oz) baby onions (whole)  
200g (7oz) potatoes, peeled and chopped  
1 beef stock cube  
200ml hot water  
200ml red wine  
50g (2oz) button mushrooms (sliced)

PREPARATION TIME - 15 MINUTES

- 1 Mix together the flour, salt, pepper and herbs and toss the beef and bacon in the seasoned flour until well coated.
- 2 Put the butter in the microwave bowl and melt on HIGH for 40-60 seconds. Stir in the beef, bacon, carrot, onions and potatoes.
- 3 Pour in the beef stock and wine, add the mushrooms, cover loosely and cook on MEDIUM LOW for 45 minutes. Leave to stand for 5 minutes before serving, so that the meat relaxes to improve the temperature.

## SAUSAGE & CELERY PLAIT

**SERVES 4**

### pastry:

**100g (4oz) plain flour**

**125g (5oz) plain wholemeal flour**

**100g (4oz) margarine**

**cold water to mix**

### filling:

**3 sticks celery, sliced**

**100g (4oz) mushrooms, chopped**

**1 small onion, finely chopped**

**225g (8oz) low fat sausages, skinned and mashed**

**10ml (2tsp) mild curry paste**

**2.5ml (½tsp) dried basil (see Tip, page 20)**

**salt and pepper to taste**

**1 egg (size 3), beaten to glaze**

**sunflower seeds to sprinkle**

### Microwave Tip: Toasting Almonds

Place 25g (1oz) almonds in a shallow flan dish with a knob of butter, heat on HIGH for 3 minutes, stir every minute until golden.

**PREPARATION TIME - 25 MINUTES**

- 1 Place flours in a bowl, rub in the margarine until the mixture resembles fine breadcrumbs. Combine with enough cold water to make a firm dough. Chill whilst preparing the filling.
- 2 Place celery, mushrooms and onion in a bowl. Cook on HIGH for 4-5 minutes. Stir halfway through cooking.
- 3 Add sausage, curry paste, basil and seasoning.
- 4 Preheat the oven to 220°C.
- 5 Roll out pastry to make a rectangle 30 x 23cm (12 x 9"). Spoon sausage mixture down the centre in a band 6cm (2.4") wide.
- 6 Make diagonal cuts in pastry 1cm (½") apart down each side of the filling and brush with a little of the beaten egg.
- 7 Fold end of pastry over the meat, fold pastry strips alternately from each side over the filling to create a plait. Place plait in a greased flan dish, brush with egg. Sprinkle with sunflower seeds.
- 8 Place on low rack and bake in a preheated oven on DUAL COOK 220°C, MEDIUM for 17-18 minutes.

## PORK & COURGETTE TART

**SERVES 4**

### pastry:

**225g (8oz) plain flour**

**100g (4oz) butter**

**1 egg (size 3), beaten**

**cold water to mix**

### filling:

**450g (1lb) courgettes, in narrow 7.6cm (3") strips**

**60ml (4tbsp) water**

**225g (8oz) lean minced pork**

**1 large onion, finely chopped**

**1 clove garlic, crushed**

**10ml (2tsp) fresh rosemary, chopped**

**300ml (½ pint) soured cream**

**2 eggs (size 3), beaten**

**2 egg yolks (size 3), beaten**

**2.5ml (½tsp) nutmeg**

**salt and pepper to taste**

**PREPARATION TIME - 20 MINUTES**

- 1 To prepare pastry, place flour in a bowl and rub in butter until mixture resembles fine breadcrumbs. Stir in egg and enough cold water to form a soft but not sticky dough. Line a greased 25.4cm (10") flan with pastry. Chill whilst preparing the filling.
- 2 Place courgettes and water in large bowl. Cover, cook on HIGH for 5 minutes. Drain, put to one side.
- 3 Place pork, onion, garlic and rosemary in a bowl and cook on HIGH for 8 minutes, stirring 2-3 times during cooking. Drain, put to one side.
- 4 Arrange half the courgettes on the pastry base, spread pork mixture evenly on top. Arrange the remaining courgettes on top in a circular fan shape.
- 5 Combine the cream, whole eggs & yolk, nutmeg, salt and pepper until smooth, pour over the tart.
- 6 Place on the low rack and cook on DUAL BAKE 200°C, MEDIUM-LOW for 35-40 minutes until set and evenly brown.





## PICNIC PASTIES

SERVES 4



**200g (7oz) cooked ham, roughly chopped**  
**25g (1oz) margarine**  
**100g (4oz) button mushrooms, finely sliced**  
**4-6 spring onions, finely sliced**  
**5ml (1tsp) dried mixed herbs**  
**salt and pepper to taste**  
**100g (4oz) cheese, grated**  
**pastry:**  
**100g (4oz) plain flour**  
**100g (4oz) plain wholemeal flour**  
**5ml (1tsp) dried mixed herbs (Tip , this page)**  
**salt and pepper to taste**  
**100g (4oz) margarine**  
**cold water to mix**  
**1 egg (size 3), beaten to glaze**

PREPARATION TIME - 15 MINUTES

- 1 Combine ham, margarine, mushrooms, onion, herbs and seasoning. Cook on HIGH for 2-3 minutes. Stir in cheese, allow to cool.
- 2 To make pastry mix flour, herbs and seasoning. Rub in margarine until mixture resembles breadcrumbs. Add enough water to form a soft dough. Roll out pastry, cut out four 20.4cm (8") circles of pastry and dampen edge with water.
- 3 Spoon ham mixture into the centre of each pastry circle. Fold pastry over to form a semi-circle pasty. Pinch edges together and brush surface with egg. Place two pasties in a greased flan dish.
- 4 Place on high rack and cook on DUAL GRILL, MEDIUM HIGH for 5-6 minutes until brown and crispy. Repeat for the remaining two pasties.

### Microwave Tip: Drying herbs

Place a handful of fresh herbs between two sheets of kitchen paper on the turntable. Heat on MEDIUM HIGH for 3 minutes until dry. Ensure the herbs do not become too dry. Woody herbs take a little longer to dry than leafy herbs.



Beef Stroganoff (page 21); Picnic Pasties (page 20).

## MEAT

### BACON AND STILTON PIE

SERVES 6

**175g (6oz) self raising flour**

**pinch of salt**

**150ml (1/4 pint) water**

**88g (3oz) shredded suet**

**1 tbsp olive oil**

**1 small onion, chopped**

**100g (4oz) back bacon, diced**

**225g (8oz) leeks, thinly sliced**

**75g (3oz) stilton, crumbled**

**4 tbsp (60ml) single cream**

**seasoning**

**beaten egg to glaze**

PREPARATION TIME - 15 MINUTES

- 1 Sift the flour and salt into a large mixing bowl and stir in the suet.
- 2 Gradually mix in 150ml water until you have a soft dough, knead lightly on a floured work surface, roll out a bottom and top.
- 3 Cook onion and bacon in oil for 2 minutes on HIGH
- 4 Add leeks and cook for 5 minutes on HIGH.
- 5 Stir in the Stilton, the cream and seasoning.
- 6 Put the filling on the pastry.
- 7 Seal the pie with the top and brush with egg.
- 8 Bake for 15 minutes on MEDIUM LOW 250°C.

### MEXICAN TACOS

SERVES 4



**225g (8oz) lean minced beef, pork or lamb**

**2 cloves garlic, crushed (see Tip, page 29)**

**1 small onion, chopped**

**2 fresh, green chillis, chopped**

**225g (8oz) canned, chopped tomatoes**

**100g (4oz) canned, red kidney beans**

**8 taco shells, pre-cooked**

**175g (6oz) Cheddar cheese, grated**

PREPARATION TIME - 15 MINUTES

- 1 Place the mince, garlic and onion in a bowl, mix well. Cook on HIGH for 7-8 minutes, stir twice.
- 2 Stir in chillis, tomatoes and beans. Cook on HIGH for 15 minutes. Place taco shells on kitchen paper on turntable. Heat on HIGH for 1-2 minutes. Fill with chilli bean mixture, sprinkle with cheese.
- 3 Pack tacos together, open end up in a large casserole or flan dish. Place on turntable, cook on DUAL GRILL, MEDIUM LOW for 7-8 minutes.



*Mexican dish of spicy filled corn tortillas. Serve with Guacamole, soured cream and crisp salad.*

### BEEF STROGANOFF

SERVES 4

**1kg (2lb) rump steak, cut into strips**

**50g (2oz) plain flour**

**salt and pepper to taste**

**1 large onion, finely chopped**

**30ml (2tbsp) tomato purée**

**450ml (3/4 pint) hot beef stock**

**150ml (1/4 pint) red wine**

**100g (4oz) mushrooms, thinly sliced**

**150ml (1/4 pint) soured cream**

PREPARATION TIME - 10 MINUTES

- 1 Place the steak, flour, salt and pepper in a 2.5 litre (approx. 4 pint) casserole dish, mix well.
  - 2 Stir in the onion, purée, stock and wine. Cover and cook on MEDIUM for 40 minutes, stir 2-3 times during cooking.
  - 3 Stir in mushrooms, cook on MEDIUM for 6-7 minutes.
  - 4 Stir in the cream before serving.
- Serve on a bed of tagliatelle or rice.*

## BOLOGNESE SAUCE

SERVES 4

50g (2oz) butter  
 45ml (3tbsp) vegetable oil  
 2 small onions, finely chopped  
 2 sticks of celery, finely chopped  
 2 cloves garlic, crushed (see Tip, page 29)  
 3 rashers of bacon, finely chopped  
 1 bay leaf  
 400g (14oz) canned, chopped tomatoes  
 30ml (2tbsp) tomato purée  
 450g (1lb) lean minced beef  
 30ml (2tbsp) dried mixed herbs (see Tip, page 20)  
 300ml (½ pint) dry red wine  
 300ml (½ pint) hot beef stock  
 salt and pepper to taste

## STEAK AND KIDNEY PUDDING

SERVES 4

450g (1lb) stewing steak, chopped  
 100g (4oz) kidney, chopped  
 1 medium onion, chopped  
 2.5ml (½tsp) dried mixed herbs (see Tip, page 20)  
 450ml (¾ pint) beef stock  
 15ml (1tbsp) cornflour mixed with a little water  
 pastry:  
 225g (8oz) self-raising flour  
 2.5ml (½tsp) salt  
 5ml (1tsp) baking powder  
 100g (4oz) suet  
 150ml (¼ pint) cold water  
 15ml (1tbsp) milk

## KIDNEYS &amp; MUSHROOMS IN PORT

SERVES 4

75g (3oz) butter  
 175g (6oz) button mushrooms  
 5 spring onions, sliced  
 2 cloves garlic, crushed (see Tip, page 29)  
 12 lambs kidneys, quartered  
 salt and pepper to taste  
 sauce:  
 150ml (¼ pint) hot vegetable stock  
 100g (4oz) red currant jelly  
 30ml (2tbsp) lemon juice (see Tip, page 53)  
 45ml (3tbsp) port  
 2.5ml (½tsp) fresh ginger, grated  
 15ml (1tbsp) arrowroot, mixed with a little water

PREPARATION TIME - 12 MINUTES

- 1 Melt the butter and oil in a large bowl on HIGH for 1 minute. Stir in the onion, celery, garlic and bacon. Cover and cook on HIGH for 6 minutes.
- 2 Add the bay leaf, tomatoes, purée and minced beef to the vegetable mixture. Cook on HIGH for 8 minutes, stir 2-3 times during cooking.
- 3 Add herbs, wine, stock. Season, mix well. Cover and cook on HIGH for 5 minutes, then for 20-22 minutes on MEDIUM until sauce is thick. Stir 2-3 times during cooking. Serve hot with spaghetti.

**Shepherd's Pie:** Make as above, omit wine. Place in a dish and top with 700g (1½lb) mashed potato. Place on turntable and cook on DUAL GRILL, MEDIUM HIGH for 9-10 minutes until evenly brown.

**Chilli con carne:** Make as above. At Stage 3 add 450g (1lb) canned red kidney beans and 5-15ml (1-3tsp) chilli powder, to taste.

PREPARATION TIME - 20 MINUTES

- 1 Place steak, kidney, onion, mixed herbs and stock in a casserole dish. Cover and cook on MEDIUM for 45 minutes. Stir after half the cooking time and add the cornflour to thicken.
- 2 To make the pastry, place the flour, salt, baking powder and suet in a bowl, mix well.
- 3 Add enough cold water to form a soft dough. Roll out ⅔ of the pastry and use it to line the base and sides of a greased 1.2 litre (2 pint) pudding basin.
- 4 Fill pastry lined basin with meat. Roll out remaining pastry, cut out a circle to cover pudding. Brush with milk. Make a slit in the centre. Cover with cling film, cook on HIGH for 12 minutes.

PREPARATION TIME - 10 MINUTES

- 1 Place butter, mushrooms, spring onion, garlic, kidneys, salt and pepper in a large bowl, mix well. Cook on HIGH for 5 minutes, stir after 2 minutes.
- 2 To prepare the sauce, place the stock and jelly in a bowl, heat on HIGH for 4 minutes. Add lemon juice, port and ginger. Add the arrowroot to the stock mixture. Heat on HIGH for 3-4 minutes, stirring every minute until the sauce thickens.
- 3 Stir the sauce into the kidney and mushroom mixture, heat on HIGH for 10-12 minutes and serve hot.

*Serve with wholemeal Basmati rice and a crisp salad.*



## SPRING ROLLS WITH CHINESE VEGETABLES

**SERVES 4 - 6**

**100g (4oz) lean minced lamb**  
**4 spring onions, finely sliced**  
**400g (14oz) canned mixed Chinese vegetables, drained & chopped**  
**10ml (2tsp) ground coriander**  
**5ml (1tsp) fresh ginger, grated**  
**salt and pepper to taste**  
**4 sheets filo pastry**  
**sunflower oil to brush**  
**poppy seeds to sprinkle**

*Serve as a starter to a Chinese meal.*



**PREPARATION TIME - 15 MINUTES**

- 1 Place lamb and onion in a bowl, mix well. Cook on **MEDIUM HIGH** for 4-5 minutes, stir twice during cooking. Stir in vegetables, coriander, ginger, seasoning and divide into eight equal portions.
- 2 Preheat the oven to 200°C.
- 3 Place 1 sheet of filo pastry on a lightly floured surface, brush lightly with oil, fold in half and slice in two widthways. Repeat this process for the remaining pastry making 8 even pieces.
- 4 Place a portion of meat mixture in a line down a short edge of each piece of pastry. Fold pastry ends over the filling and roll up like a swiss roll.
- 5 Brush with oil, sprinkle with poppy seeds and place in a greased flan dish.
- 6 Place on low rack, cook in preheated oven **CONVECTION 200°C** for 22 minutes.

## BEEF WELLINGTON

**SERVES 4**

**100g (4oz) course liver pâté**  
**100g (4oz) mushrooms, finely chopped**  
**800g (1¾lb) fillet of beef**  
**450g (1lb) puff pastry**  
**1 egg (size 3), beaten to glaze**

*Beef Wellington is fillet of beef encased in pâté, mushrooms and flaky pastry. Ideal for a dinner party.*

**PREPARATION TIME - 10 MINUTES**

- 1 Preheat the oven to **CONVECTION 220°C**.
- 2 Combine the pâté and mushrooms.
- 3 Roll out pastry to make a square 28cm (11") or size suited to the meat. Spread pâté and mushroom mixture over the surface. Place meat in centre.
- 4 Fold pastry over meat and seal edges. Place seam side down in a greased flan dish. Glaze with egg.
- 5 Place on low rack, bake in preheated oven **CONVECTION 220°C** for 45 minutes until golden.

## SUMMER PORK CASSEROLE

**SERVES 6**

**450g (1lb) potatoes, peeled and sliced**  
**4tbsp hot water**  
**450g (1lb) pork fillet, cut into bite-sized pieces**  
**1 can peeled tomatoes**  
**4-6 small courgettes, sliced**  
**1tsp basil**  
**salt and pepper to taste**  
**100g (4oz) grated cheese**

**PREPARATION TIME - 10 MINUTES**

- 1 Place the potatoes in the water and cover. Cook for 6 minutes on **HIGH**. Drain and remove the potatoes with a slotted spoon.
- 2 Add the pork, tomatoes, courgettes, basil and seasoning to taste. Cook for 15 minutes on **HIGH**, stirring half way.
- 3 Overlap the potatoes on top of the meat mixture around the edge of the dish.
- 4 Cover the potatoes with cheese, place on the low rack and cook on **DUAL CONVECTION, 220°C, MEDIUM** for 15 minutes.



## BAKED SAMOSAS

**SERVES 4-6**

<b>225g (8oz) lean mince (lamb or beef)</b>
<b>5 spring onions, finely sliced</b>
<b>½ green pepper, finely chopped</b>
<b>1 small red chilli, seeded and chopped finely</b>
<b>10ml (2tsp) garam masala</b>
<b>2.5ml (½tsp) cumin</b>
<b>2.5ml (½tsp) ground turmeric</b>
<b>5ml (1tsp) ground ginger</b>
<b>25g (1oz) fresh breadcrumbs</b>
<b>1 egg (size 3), beaten to glaze</b>
<b>salt and pepper to taste</b>
<b>pastry:</b>
<b>125g (5oz) plain flour</b>
<b>100g (4oz) plain wholemeal flour</b>
<b>100g (4oz) margarine</b>
<b>75-90ml (5-6tbsp) cold water to mix</b>
<b>a little cold water to seal the pastry edges</b>
<b>1 egg (size 3), beaten to glaze</b>
<b>dried parsley to sprinkle</b>

*Ideal for buffets, picnics or a starter to an Indian meal.*

**PREPARATION TIME - 25 MINUTES**

- 1 Cook meat on HIGH for 6 minutes. Stir every minute. Mix in onion, pepper, chilli, garam masala, cumin, turmeric, and ginger. Add breadcrumbs and enough egg to form a stiff mixture. Season.
- 2 To make the pastry, place the flours in a bowl, rub in the margarine until mixture resembles breadcrumbs. Stir in enough cold water to form a soft but not sticky dough. Chill for 15 minutes.
- 3 Divide the dough into 12 even pieces. Roll each piece into a thin square 12.8cm (5").
- 4 Preheat the oven to 200°C.
- 5 Place a large spoonful of meat mixture into the centre of each square. Fold pastry over filling to form a triangle, dampen edges with water and pinch to seal. Glaze with egg, sprinkle with parsley. Place in two large greased flan dishes.
- 6 Place a dish on the low rack and the other on the high rack. Bake in preheated oven CONVECTION 220°C for 20-22 minutes.



*Pork & Courgette Tart (page 19); Spring Rolls & Baked Samosas (pages 23 and 24); Sausage & Celery Plait (page 19).*

## POULTRY

### CHICKEN SATAY

SERVES 4

**marinade:**

15ml (1tbsp) groundnut oil

15ml (1tbsp) lemon juice (see Tip, page 53)

30ml (2tbsp) satay sauce

1 clove garlic, crushed (see Tip, page 29)

Tabasco sauce to taste

4 wooden skewers

450g (1lb) chicken fillets, cubed

PREPARATION TIME - 10 MINUTES

- 1 Place all the marinade ingredients in a large bowl, mix well. Stir in the chicken, refrigerate for 2 hours to marinate.
- 2 Thread the chicken onto skewers leaving no wood exposed. Place in a large flan dish on the high rack. Cook on DUAL GRILL, MEDIUM HIGH for 10-12 minutes. Turn over and rearrange skewers every 3 minutes.

Serve with Rice Pilaf, see page 46.



Rice Pilaf (page 47); Crispy Peking Duck (page 26); Chicken Satay (page 25).

### HERBY DRUMSTICKS

SERVES 4

50g (2oz) butter

5ml (1tsp) dried tarragon (See Tip, page 20)

10ml (2tsp) dried chives (See Tip, page 20)

15ml (1tbsp) fresh parsley, chopped

2 cloves garlic, crushed (see Tip, page 29)

salt and pepper to taste

8 chicken drumsticks

PREPARATION TIME - 4 MINUTES

- 1 Place the butter in a large bowl, heat on HIGH for 30 seconds until melted. Stir in the tarragon, chives, parsley, garlic, salt and pepper.
- 2 Add drumsticks, coat with herby butter. Place in a large flan dish on high rack. Cook on DUAL GRILL, HIGH for 10-12 minutes, turn over, rearrange every 3-4 minutes until evenly cooked and crispy.



## POULTRY

### CHICKEN & CAMEMBERT PARCELS

SERVES 4

**4 large chicken breast fillets, skinned**  
**100g (4oz) Camembert, finely chopped**  
**3 spring onions, finely chopped**  
**2.5ml (½tsp) dried parsley**  
**salt and pepper to taste**  
**cocktail sticks to secure**  
**75g (3oz) cheddar cheese, grated**

*Sprinkle with toasted almonds to serve.*

PREPARATION TIME - 12 MINUTES

- 1 Open out chicken breasts, flatten with a rolling pin.
- 2 Place Camembert, onions, parsley and seasoning in a bowl, mix well. Place a quarter of the mixture in the centre of each breast. Fold up into a tight parcel. Secure with cocktail sticks. Ensure no filling is visible.
- 3 Place the breasts seam-side upwards in a flin dish
- 4 Place the flin dish on the high rack
- 5 Cook on DUAL GRILL HIGH for 12 minutes, turn over after 6 minutes and sprinkle with cheddar cheese.

### TURKEY WITH CORIANDER

SERVES 4

**450g (1lb) boneless turkey breast, skinned, cut into 2.5cm (1") pieces**  
**grated rind of half an orange**  
**10ml (2tsp) coriander seeds, toasted and crushed**  
**50g (2oz) butter**  
**100g (4oz) oyster mushrooms, halved**  
**100g (4oz) button mushrooms**  
**300ml (½ pint) hot vegetable stock**  
**15ml (1tbsp) cornflour**  
**300ml (½ pint) single cream**  
**60ml (4tbsp) fresh coriander leaves, chopped**  
**salt and pepper to taste**

PREPARATION TIME - 12 MINUTES

- 1 Place the turkey, orange rind and coriander seeds in a 2.5 litre (approx. 4 pint) casserole dish, mix well.
- 2 In a separate dish melt the butter on HIGH for 30 seconds, stir in the mushrooms and cook on HIGH for 4 minutes. Add to the turkey mixture, mix well and cook on HIGH for a further 6 minutes.
- 3 Stir in the stock and cook on MEDIUM HIGH for 16 minutes until liquid has reduced by half, stir every 4 minutes.
- 4 Stir the cornflour into the cream, add the coriander and stir into the turkey mixture. Season. Cook on MEDIUM HIGH for 6-7 minutes.

### CRISPY PEKING DUCK

SERVES 4

**2kg (4½lb) oven ready duckling**  
**soy sauce to brush**  
**To serve:**  
**32 ready made Chinese pancakes**  
**1 bunch spring onions, cut into 5cm (2") fingers**  
**½ cucumber, cut into 5cm (2") fingers**  
**120ml (4froz) hoi sin sauce**

*Serve each person with 8 pancakes and some of the duckling including the skin. Serve onion, cucumber and sauce separately. Spread a little of the sauce on a pancake, top with onion, cucumber and duck. Roll up and eat.*

PREPARATION TIME - 15 MINUTES

- 1 Wash the duck and pat dry with kitchen paper. Calculate the cooking time at 10 minutes per 450g. Place the duck breast side down on the low rack and brush with soy sauce.
- 2 Cook on DUAL COOK 180°C MEDIUM for the calculated cooking time. Turn the duck over half-way through cooking, pierce lightly with a fork and brush with soy sauce.
- 3 After cooking, cut the duck (including the skin) into small pieces. Place in a large flin dish sprinkle generously with soy sauce, toss to coat evenly.
- 4 Place on high rack and GRILL for 9-10 minutes until evenly crispy, stir 2-3 times during cooking.
- 5 Heat the hoi sin sauce on HIGH for 1 minute.
- 6 To reheat the pancakes, stack in a clean, damp tea towel, heat on MEDIUM HIGH for 3 minutes.



## POULTRY

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### CHICKEN CACCIATORE

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SERVES 4

**225g (8oz) mushrooms, sliced**  
**1 medium onion, chopped**  
**1 clove garlic, crushed (see Tip, page 29)**  
**60ml (4tbsp) tomato purée**  
**300ml (1½ pint) red wine**  
**5ml (1tsp) dried oregano (see Tip, page 20)**  
**5ml (1tsp) dried parsley (see Tip, page 20)**  
**salt and pepper to taste**  
**4 chicken portions**

PREPARATION TIME - 10 MINUTES

- 1 Place the mushrooms, onion and garlic in a 2.5 litre (approx. 4 pint) casserole dish. Cook on HIGH for 4 minutes.
- 2 Stir in remaining ingredients except the chicken, mix well.
- 3 Add chicken portions and coat with the sauce.
- 4 Cook on MEDIUM HIGH for 35 minutes, stir and coat the chicken twice during cooking.

*Serve with rice or jacket potatoes.*

### TURKEY WITH CHESTNUT STUFFING

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SERVES 6

**200g (7oz) canned chestnut purée**  
**50g (2oz) fresh wholemeal breadcrumbs**  
**100g (4oz) low fat sausages, skinned & mashed**  
**25g (1oz) butter, melted**  
**1 stick celery, chopped**  
**1 small onion, chopped**  
**grated rind of 1 medium orange**  
**salt and pepper to taste**  
**1 egg (size 3 ), beaten**  
**3.5kg (8lb) oven ready turkey**  
**25g (1oz) butter**  
**15ml (1tbsp) fresh parsley, chopped**

PREPARATION TIME - 12 MINUTES

- 1 Mix the chestnut purée, breadcrumbs, sausagemeat, butter, celery, onion and orange rind in a large bowl. Add egg to bind the stuffing.
- 2 Pack the neck of the turkey with the stuffing. **Do not fill the cavity.**
- 3 Place the butter and parsley in a small bowl and heat on HIGH for 30 seconds until melted.
- 4 Weigh bird and place breast side down in a large flan dish. Brush with half the parsley butter.
- 5 Cook on DUAL COOK 180°C MEDIUM for 10 minutes per 450g (1lb). Turn the turkey over halfway through cooking. Brush with remaining parsley butter before returning to the oven. Add salt and pepper to taste.

### CHICKEN & CASHEW NUT STIR FRY

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SERVES 4

**sauce:**  
**15ml (1tbsp) dry sherry**  
**15ml (1tbsp) demerara sugar**  
**30ml (2tbsp) soy sauce**  
**30ml (2tbsp) chilli sauce**  
**150ml (¼ pint) hot vegetable stock**  
**15ml (1tbsp) cornflour mixed with a little water**  
**stir fry:**  
**30ml (2tbsp) groundnut oil**  
**2 cloves garlic, crushed (see Tip, page 29)**  
**2.5cm (1") piece of root ginger, peeled & grated**  
**225g (8oz) chicken fillet, cut into strips**  
**175g (6oz) broccoli, broken into small florets**  
**125g (5oz) can of water chestnuts, drain & slice**  
**125g (5oz) bean sprouts**  
**125g (5oz) bamboo shoots**  
**½ red pepper, sliced**  
**½ yellow pepper, sliced**  
**100g (4oz) cashew nuts, unsalted**

PREPARATION TIME - 10 MINUTES

- 1 To prepare the sauce, place sherry, sugar, soy sauce, chilli sauce and stock in a bowl. Mix well, stir in the cornflour.
- 2 Heat on HIGH for 6 minutes, stir every minute until thickened. Allow to cool whilst preparing the rest of the dish.
- 3 Prepare the stir fry, place the oil, garlic and ginger in a large bowl, heat on HIGH for 1 minute. Mix in the chicken and cook on MEDIUM HIGH for 6 minutes. Stir after 3 minutes.
- 4 Add the broccoli, chestnuts, beansprouts, bamboo shoots, red and yellow pepper and the sauce. Mix well and cook on MEDIUM HIGH for 10 minutes, stir twice during cooking.
- 5 Stir in the cashew nuts, cook on HIGH for 2 minutes. Serve immediately.



## POULTRY

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### CHICKEN KORMA

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SERVES 6

**900g (2lb) chicken, cut into large pieces**  
**175g (6oz) natural yoghurt**  
**2 cloves garlic, crushed (see Tip, page 29)**  
**25g (1oz) creamed coconut**  
**10ml (2tsp) turmeric**  
**25g (1oz) butter**  
**1 large onion, sliced**  
**5cm (2") piece fresh ginger, grated**  
**2.5ml (½tsp) chilli powder**  
**5ml (1tsp) coriander seeds**  
**5 whole cloves**  
**5ml (1tsp) cinnamon**  
**10ml (2tsp) cornflour**  
**100g (4oz) single cream**  
**25g (1oz) roasted cashew nuts**

### TURKEY FRICASSEE

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SERVES 4

**50g (2oz) butter**  
**1 medium onion, finely chopped**  
**50g (2oz) plain flour**  
**300ml (½ pint) milk**  
**300ml (½ pint) single cream**  
**2 egg yolks (size 3)**  
**100g (4oz) peas, cooked**  
**450g (1lb) turkey, cooked and chopped**  
**2.5ml (½tsp) nutmeg, grated**  
**salt and pepper to taste**  
**15ml (1tbsp) fresh parsley, chopped to garnish**

### TURKEY BURGERS

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SERVES 4

**4 spring onions, finely sliced**  
**100g (4oz) mushrooms, finely chopped**  
**450g (1lb) lean minced turkey**  
**2 eggs (size 3), beaten**  
**100g (4oz) fresh wholemeal breadcrumbs**  
**25g (1oz) plain flour**  
**5ml (1tsp) dried mixed herbs**  
**1 clove garlic, crushed (see Tip, page 29)**  
**salt and pepper to taste**  
**1 egg (size 3) beaten to glaze**

#### **Variation:**

**Chicken Burgers:** Prepare and cook as above, substitute the minced turkey with minced chicken.

PREPARATION TIME - 1¼ HOURS

- 1 Place chicken in a bowl, stir in yoghurt, garlic, creamed coconut and turmeric. Cover and marinate for at least 1 hour in the refrigerator.
- 2 Place butter in a large bowl, heat on HIGH for 30 seconds, until melted. Add the onion and cook on HIGH for 2 minutes. Stir in the ginger, chilli powder and coriander, cook on HIGH for 1 minute.
- 3 Add the chicken and marinade, mix well. Stir in the cloves and cinnamon. Cover and cook on HIGH for 8 minutes, stirring after 4 minutes.
- 4 Rearrange the chicken pieces and cook on MEDIUM for 8 minutes.
- 5 Combine the cornflour with the cream and stir into the chicken. Cook on HIGH for 6 minutes, stir after 3 minutes. Sprinkle with cashew nuts

*Serve with rice and poppadums  
(see tip, page 34)*

PREPARATION TIME - 10 MINUTES

- 1 Place the butter in a large bowl and heat on HIGH for 30 seconds.
- 2 Stir in the onion. Cook on HIGH for 2 minutes.
- 3 Stir in flour, gradually add the milk and cream. Cook on HIGH for 4-5 minutes, stirring every minute, until smooth and thick.
- 4 Allow to cool slightly before stirring in egg yolks.
- 5 Add the peas, turkey, nutmeg and seasoning. Cook on HIGH for 12 minutes. Stir every 2-3 minutes.

*Garnish with parsley to serve.*

PREPARATION TIME - 12 MINUTES

- 1 Place the spring onions and mushrooms in a large bowl. Cook on HIGH for 1 minute. Drain off any juices.
- 2 Add mince, egg, breadcrumbs, flour, mixed herbs, garlic, salt and pepper, mix well.
- 3 Shape the mixture into 8 even sized burgers, 1cm (½") thick. Place 4 burgers in a greased flan dish, brush with egg to glaze.
- 4 Place the flan dish on high rack. Cook on DUAL GRILL, MEDIUM HIGH for 10-12 minutes until evenly brown and crispy. Turn over after half the cooking time. Repeat for remaining burgers.

## POULTRY

### CHICKEN BREASTS PARMESAN

SERVES 6

**50g (2oz) fresh breadcrumbs**  
**50g (2oz) Parmesan cheese, freshly grated**  
**1 egg (size 3), beaten**  
**675g (1½lb) boneless chicken breasts**  
**25g (1oz) plain flour**  
**400g (14oz) canned chopped tomatoes**  
**1 clove garlic, crushed (see Tip, below)**  
**10ml (2tsp) fresh oregano, chopped**  
**300ml (½ pint) chicken stock**  
**salt and pepper to taste**  
**50g (2oz) Cheddar or Parmesan cheese, grated**

**Microwave Tip: Peeling garlic easily**

Place 3-4 cloves of garlic on the turntable. Heat on HIGH for 30 seconds, squeeze at one end until clove pops out.

PREPARATION TIME - 12 MINUTES

- 1 Combine breadcrumbs and cheese.
- 2 Beat the egg on a plate. Dip each breast first into the egg and then into the breadcrumb mixture until thoroughly coated, place in a 2.5 litre (approx. 4 pint) casserole dish and put to one side.
- 3 Place flour in a bowl, mix to a paste with a little of the tomato juice. Stir in the rest of the tomatoes, garlic, oregano and chicken stock, salt and pepper, mix well. Heat on HIGH for 3-4 minutes, stirring every minute until thickened.
- 4 Spoon tomato mixture over the chicken breasts .
- 5 Place on the low rack and Cook on DUAL COOK 200°C, MEDIUM-HIGH for 35 mins.
- 6 Rearrange the chicken pieces twice during cooking.
- 7 Sprinkle generously with grated cheese 10 minutes before the end of cooking.



*Duck in Caramel & Orange Sauce (page 30); Chicken Breasts Parmesan (page 29); Chicken & Tarragon Filo Pie (page 30).*

## POULTRY

### CHICKEN & TARRAGON FILO PIE

**SERVES 4**

**50g (2oz) butter**  
**225g (8oz) button mushrooms, sliced**  
**1 medium onion, finely chopped**  
**1 clove garlic, crushed (see Tip, page 29)**  
**3 eggs (size 3), beaten**  
**225g (8oz) cottage cheese**  
**150ml (1/4 pint) natural yoghurt**  
**225g (8oz) cooked chicken, skinned and chopped**  
**15ml (1tbsp) fresh tarragon, chopped**  
**salt and pepper to taste**  
**5 sheets filo pastry, cut in half**  
**sunflower oil to brush**

**PREPARATION TIME - 15 MINUTES**

- 1 Place the butter in a large bowl and heat on HIGH for 30 seconds, stir in the mushrooms, onion and garlic and cook on HIGH for 4 minutes, drain and allow to cool.
- 2 Preheat the oven to CONVECTION 200°C.
- 3 In a separate bowl, combine the eggs, cottage cheese, yoghurt, chicken and tarragon. Season. Add the mushroom mixture. Mix well.
- 4 Grease a square dish 20.4cm (8"). Place a layer of filo pastry in the bottom and brush with oil. Repeat for another 4 layers of pastry. Spoon in the chicken mixture and cover with the 5 remaining sheets of pastry. Brush each with oil.
- 5 Place on low rack, bake in the preheated oven CONVECTION 200°C for 45 minutes until brown.

### HONEYED CHICKEN

**SERVES 4**

**4 chicken breasts**  
**30ml (2tbsp) clear honey (See Tip, page 60)**  
**5ml (1tsp) whole grain mustard**  
**2.5ml (1/2tsp) dried tarragon**  
**15ml (1tbsp) tomato purée**  
**150ml (1/4 pint) chicken stock**  
**salt and pepper**

**PREPARATION TIME - 6 MINUTES**

- 1 Place the chicken breasts in a casserole dish.
- 2 Mix all remaining ingredients together and pour over the chicken.
- 3 Cook on MEDIUM HIGH for 12 minutes. Coat the chicken with the sauce several times during cooking.

### DUCK IN CARAMEL & ORANGE SAUCE

**SERVES 4**

**1 medium onion, chopped**  
**1 clove garlic, crushed**  
**300ml (1/2 pint) hot chicken stock**  
**300ml (1/2 pint) fresh orange juice**  
**30ml (2tbsp) red wine**  
**50g (2oz) demerara sugar**  
**5ml (1tsp) fresh tarragon**  
**5ml (1tsp) cinnamon**  
**salt and pepper to taste**  
**4 pieces duck (each approx 275g (10oz))**  
**half a large orange sliced**  
**15ml (1tbsp) cornflour mixed with a little cold water**

**PREPARATION TIME - 12 MINUTES**

- 1 Place the onion and garlic in a 2.5 litre (approx. 4 pint) casserole dish and cook on HIGH for 1 minute. Stir in the stock, orange juice, red wine, sugar, tarragon and cinnamon. Season to taste. Cook on HIGH for 7-8 minutes, stir halfway through cooking time. Add the duck portions and place the slices of orange on top.
- 2 Place on low rack, cook on DUAL COOK 200°C, MEDIUM HIGH for 30 minutes.
- 3 Remove the duck portions and slices of orange.
- 4 Skim the fat from the top of the sauce and stir in the blended cornflour, heat on HIGH for 3-4 minutes, stirring every minute until sauce has thickened.
- 5 Return the duck and orange to the sauce, heat on HIGH for 3 minutes. Serve immediately.



**SPINACH GRATIN**

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**SERVES 4-6****40g onion (sliced)****20g butter****400g potatoes (cooked, sliced)****500g spinach (cooked, chopped)****170g ham****salt / pepper to taste****3 eggs****100ml cream****90g gouda cheese (grated)****PREPARATION**

- 1 Cook the onion with the butter on HIGH for 1 minute.
- 2 Grease an appropriate sized ceramic oval dish with cooking oil.
- 3 Place half of the potatoes in the dish.
- 4 Mix the onions, spinach, ham, salt and pepper and place on the potatoes.
- 5 Place the remaining potatoes on the top.
- 6 Beat the eggs and cream together and pour over the vegetables.
- 7 Sprinkle the grated cheese over the gratin.
- 8 Cook on DUAL COOK 250°C, MEDIUM HIGH for 25 minutes.

**BROCCOLI, MUSHROOM AND POTATO GRATIN**

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**SERVES 4****350g potato (cooked, sliced)****350g broccoli (florets)****350g mushrooms (sliced)****3 eggs****100ml cream****100ml milk****90g gouda cheese (grated)****PREPARATION**

- 1 Grease an appropriate sized dish with oil.
- 2 Alternately layer the broccoli, mushrooms and potatoes in the dish.
- 3 Beat the cream, milk, eggs, salt and pepper together and pour over the vegetables.
- 4 Sprinkle with the grated cheese.
- 5 Cook on DUAL COOK 250°C, MEDIUM HIGH for 25 minutes.

**COURGETTE AND PASTA GRATIN**

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**SERVES 4-6****100g macaroni****250g tinned tomatoes****100g onions (sliced)****300g courgette (sliced)****100g soured cream****2 eggs****60g cheddar cheese (grated)****pinch of basil****pinch of thyme****salt and pepper****PREPARATION**

- 1 Grease an appropriate sized dish with oil.
- 2 Pre-cook the macaroni and place in the bottom of the dish.
- 3 Mix together the tomatoes, onion, basil, salt and pepper and pour over the macaroni.
- 4 Place the sliced courgettes on the top of the mixture.
- 5 Mix together the cream and eggs and pour over the courgettes.
- 6 Sprinkle the grated cheese over the top of the gratin.
- 7 Cook on DUAL COOK 250°C, MEDIUM HIGH for 20 minutes.



## WATERCRESS ROULADE

SERVES 4-6

**filling:** 30ml (2tbsp) ground nut oil

1 small onion, finely chopped

1 clove garlic, crushed (see Tip, page 29)

225g (8oz) mushrooms, finely chopped

10ml (2tsp) cornflour

60ml (4tbsp) dry white wine

90ml (6tbsp) vegetable stock

salt and pepper to taste

45ml (3tbsp) double cream

1 bunch watercress, finely chopped

**roulade:** 5 eggs (size 3), separated

5ml (1tsp) vinegar

2.5ml (½tsp) English mustard

**seasoning**

100g (4oz) Cheddar cheese, grated

25g (1oz) Parmesan cheese, grated

### Microwave Tip: Roasting peanuts

Place 50g (2oz) peanuts in a shallow dish with a knob of butter and sprinkle with salt. Cook on HIGH for 3 minutes, stir every minute until golden.

PREPARATION TIME - 30 MINUTES

- 1 Prepare filling: heat oil, onion and garlic in a bowl on HIGH for 1 min. Stir in mushrooms. Cook on HIGH for 2 minutes. Mix in cornflour, then the wine and stock. Season. Cook on HIGH for 4 minutes, stir after 2 minutes. Stir in cream and watercress. Cool.
- 2 Preheat the oven to CONVECTION 200°C. Grease and line a swiss roll tin 19 x 29.3cm (7.5 x 11.5") with greaseproof paper.
- 3 To prepare roulade, place egg yolks, vinegar, mustard, salt and pepper in a bowl, whisk until thick and pale. Fold in the cheese, mix well.
- 4 In a separate bowl whisk egg whites until stiff. Carefully fold into the cheese mixture until smooth, pour into prepared tin, smooth surface.
- 5 Bake in the preheated oven CONVECTION 200°C for 10-12 minutes until golden brown.
- 6 Sprinkle a sheet of greaseproof paper with Parmesan, turn the roulade out onto it. Cool slightly. Remove greaseproof from the top.
- 7 Reheat mushroom mixture on HIGH for 4 mins, stir every minute. Spread over roulade and roll up like a swiss roll. Place on a serving dish. Heat on HIGH for 2 mins.



Vegetable Kebabs with Quorn (page 33); Watercress Roulade (page 32).

## VEGETABLE KEBABS WITH QUORN

SERVES 4

**3 small courgettes, cut into 2.5cm (1") slices**  
**1 red pepper, cut into 3.8cm (2½") pieces**  
**1 yellow pepper, cut into 3.8cm (2½") pieces**  
**2 small aubergines, cut into 2.5cm (1") pieces**  
**8 closed cap mushrooms**  
**8 cherry tomatoes**  
**175g (6oz) quorn, cut into 2.5cm (1") cubes**  
**marinade:**  
**150ml (¼ pint) olive oil**  
**3 cloves garlic, crushed (see Tip, page 29)**  
**15ml (1tbsp) Worcestershire sauce**  
**1.25ml (¼tsp) allspice**  
**1.25ml (¼tsp) ginger**  
**15ml (1tbsp) fresh parsley, chopped**  
**10ml (2tsp) fresh dill**  
**4 wooden skewers**

PREPARATION TIME - 1¼ HOURS

- 1 Place vegetables and quorn in a large bowl, mix well.
- 2 To prepare the marinade, place all the ingredients in a bowl, mix well.
- 3 Pour the marinade over the vegetables and quorn, mix well. Leave to marinate for at least an hour, stir occasionally.
- 4 Thread the vegetables and quorn onto the skewers in a regular pattern. Leave no wood exposed, place in a flan dish.
- 5 Place on low rack, cook on DUAL GRILL, MEDIUM LOW for 22 minutes. Turn over and rearrange the skewers every 5 minutes until the vegetables are tender and evenly brown.

## HOT CHEESE PUFF

SERVES 4

**choux pastry:**  
**225g (8oz) butter**  
**450ml (¾ pint) water**  
**225g (8oz) plain flour**  
**8 eggs (size 3)**  
**filling:**  
**225g (8oz) Gruyère cheese, grated**  
**45ml (3tbsp) chives, chopped**

*Serve with a crisp green salad*

PREPARATION TIME - 12 MINUTES

- 1 Place butter and water in a bowl, heat on HIGH for 5-6 minutes. Stir in flour, heat on HIGH for 3 minutes.
- 2 Beat the eggs into the mixture one at a time.
- 3 Preheat the oven to CONVECTION 200°C.
- 4 Spread half the mixture into a greased 25.4cm (10") flan dish, sprinkle with half the cheese and the chives. Spread remaining pastry on top followed by remaining cheese. Place on low rack, bake in preheated oven CONVECTION 200°C for 50 minutes.

## CAULIFLOWER BIRYANI WITH QUORN

SERVES 4-6

**15ml (1tbsp) vegetable oil**  
**10ml (2tsp) mustard seeds**  
**10ml (2tsp) sesame seeds**  
**225g (8oz) brown Basmati rice**  
**5ml (1tsp) chilli powder**  
**5ml (1tsp) turmeric**  
**5ml (1tsp) ground coriander**  
**5ml (1tsp) garam masala**  
**15ml (1tbsp) water**  
**1 medium cauliflower, cut into small florets**  
**175g (6oz) quorn, cut into 2cm (¾") cubes**  
**½ a red pepper, seeded and cut into strips**  
**½ a green pepper, seeded and cut into strips**  
**400g (14oz) canned chopped tomatoes**  
**60ml (4tbsp) natural yoghurt**

PREPARATION TIME - 20 MINUTES

- 1 Place oil, mustard and sesame seeds in a large bowl, heat on HIGH for 1 minute. Add rice, mix well. Cook on HIGH for 2 minute.
- 2 In a separate bowl mix the chilli powder, turmeric, coriander and garam masala. Add water and mix to a paste. Stir the paste into the rice, add the cauliflower, quorn, red and green pepper, mix well. Cook on HIGH for 2-3 minutes.
- 3 Drain the tomatoes and reserve the juice. Add the tomatoes to the rice mixture, mix well.
- 4 Add enough boiling water to the tomato juice to make 600ml (1 pint) of liquid, pour into the rice mixture, mix well. Cook on MEDIUM HIGH for 25 minutes, stir every 5 minutes.
- 5 Stir in yoghurt and serve with poppadums. See Tip, page 34.

## POTATO & TOFU PASTIES

SERVES 4-6

### pastry:

275g (10oz) mashed potato

25g (1oz) butter, melted

salt and pepper to taste

175g (6oz) plain flour

2.5ml (1/2tsp) baking powder

1 egg (size 3), beaten

a little milk

1 egg (size 3), beaten to glaze

### filling:

15ml (1tbsp) olive oil

1 small onion, finely chopped

1 clove garlic, crushed (see Tip, page 29)

2.5ml (1/2tsp) fresh ginger, peeled and grated

2.5ml (1/2tsp) mustard seeds

2.5ml (1/2tsp) ground coriander

2.5ml (1/2tsp) chilli powder

100g (4oz) spring cabbage, finely sliced

2 medium carrots, grated

125g (5oz) tofu, drained and mashed

salt and pepper to taste

### Microwave Tip: Cooking poppadums

Place 2-4 poppadums on the turntable leaving space between them. Heat on HIGH for 30 seconds to 1 minute until puffed and bubbly. Allow to stand for 10-20 seconds.

PREPARATION TIME -25 MINUTES

- 1 To prepare pastry, place potato, butter, salt and pepper in a bowl, mix well. Stir in the flour, baking powder, egg and enough milk to make a firm dough.
- 2 To prepare filling, place oil, onion, garlic, ginger, mustard seeds, coriander and chilli powder in a bowl, mix well. Cook on HIGH for 2 minutes. Add the cabbage, carrots, tofu, salt and pepper, mix well. Cook on HIGH for 5-6 minutes.
- 3 Preheat the oven to 220°C.
- 4 Divide dough into 6 equal sized pieces and roll into 17.8cm (7") circles. Place 45ml (3tbsp) of tofu mixture into the centre of each pastry circle and spread out a little. Brush edges with a little beaten egg, then gather over the filling and pinch to make a raised ridge.
- 5 Place the pasties into two large, greased flan dishes and brush with egg to glaze.
- 6 Place one dish on low rack and the other on the high rack. Bake in a preheated oven CONVECTION 220°C for 22 minutes until brown.

## VEGETABLE CHILLI

SERVES 4-6

30ml (2tbsp) olive oil

2 medium onions, chopped

2 cloves garlic, crushed (see Tip, page 29)

225g (8oz) small carrots, chopped

1 large red pepper, seeded and sliced

100g (4oz) mushrooms, cut into quarters

5ml (1tsp) ground cumin

5ml (1tsp) dried oregano

10ml (2tsp) mild chilli powder

2.5ml (1/2tsp) cayenne pepper

225g (8oz) canned tomatoes

75g (3oz) tomato purée

225g (8oz) canned haricot beans

225g (8oz) canned red kidney beans

1 bay leaf

300ml (1/2 pint) hot vegetable stock

salt and pepper to taste

PREPARATION TIME - 20 MINUTES

- 1 Place the oil, onion and garlic in a large bowl, heat on HIGH for 2 minutes.
- 2 Add the carrots, red pepper and mushrooms, mix well. Cook on HIGH for 3 minutes.
- 3 Stir in the remaining ingredients, mix well. Cook on MEDIUM HIGH for 22 minutes, stir 3-4 times during cooking.
- 4 Remove the bay leaf before serving.

*Serve hot with rice or as a filling for tacos.*

### Microwave Tip: Heating taco shells

Place 8-10 pre-cooked crisp taco shells on kitchen paper on the turntable. Heat on HIGH for 1 1/2-2 minutes until warm. Spoon in filling as preferred.

## SPICY BEAN BURGERS

SERVES 4-6

**100g (4oz) canned red kidney beans, drained**  
**125g (5oz) black eyed beans, drained**  
**15ml (1tbsp) olive oil**  
**1 medium onion, finely chopped**  
**1 stick celery, finely chopped**  
**2 cloves garlic, crushed (see Tip, page 29)**  
**50g (2oz) fresh wholemeal breadcrumbs**  
**10ml (2tsp) ground coriander**  
**5ml (1tsp) ground cumin**  
**5ml (1tsp) turmeric**  
**30ml (2tbsp) tomato purée**  
**salt and pepper to taste**  
**1 egg (size 3), beaten**  
**50g (2oz) fresh wholemeal breadcrumbs**

PREPARATION TIME - 15 MINUTES

- 1 Blend the beans in a processor until smooth.
- 2 Place oil, onion, celery and garlic in a bowl, heat on HIGH for 2 minutes. Add the bean mixture, breadcrumbs, coriander, cumin, turmeric and tomato purée, mix well. Season.
- 3 Shape the mixture into 8 even sized burgers, brush with egg and coat with breadcrumbs.
- 4 Place four burgers in a greased flan dish on the high rack. Cook on DUAL GRILL, MEDIUM for 8 minutes until evenly brown and crispy on both sides, turn over after 4 minutes. Repeat this process for the remaining burgers.

*Serve in a bread bun with cheese and relish.*

## BUTTER BEAN CASSEROLE

SERVES 4

**10ml (2tsp) olive oil**  
**450g (1lb) aubergines, cut in 2.5cm (1") cubes**  
**225g (8oz) onions, roughly chopped**  
**1 clove garlic, crushed (see Tip, page 29)**  
**3 sticks of celery, sliced**  
**450g (1lb) canned, chopped tomatoes**  
**5ml (1tsp) fresh basil, chopped**  
**2.5ml (½tsp) allspice**  
**225g (8oz) canned butter beans, drained**  
**100g (4oz) fresh okra, whole**  
**salt and pepper to taste**  
**30ml (2tbsp) fresh parsley, chopped**

PREPARATION TIME - 25 MINUTES

- 1 Place the olive oil, aubergine, onion, garlic and celery in a large bowl, mix well. Heat on HIGH for 5-6 minutes, stir after 3 minutes.
- 2 Add the tomatoes, basil, allspice, beans and okra. Season. Cook on MEDIUM HIGH for 22 minutes, stir 2-3 times during cooking.
- 3 Stir in the parsley to serve.

*Serve with rice or baked potatoes.*

## BLUE CHEESE & CHIVE JACKETS

SERVES 2

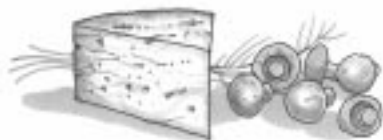
**2 baking potatoes (approx. 250g (9oz))**  
**50g (2oz) butter**  
**100g (4oz) blue cheese, finely chopped**  
**15ml (1tbsp) chives, chopped**  
**50g (2oz) mushrooms, finely chopped**  
**salt and pepper to taste**

### Variation:

**Cheese & sweetcorn jackets:** Omit the blue cheese, chives and mushrooms. Add 100g (4oz) of grated Cheddar cheese and 50g (2oz) sweet corn kernels at Stage 2.

PREPARATION TIME - 20 MINUTES

- 1 Pierce each potato in several places. Place on turntable and bake on DUAL COOK 250°C, MEDIUM HIGH for 15 minutes until brown and crispy.
- 2 Halve each potato and scoop the flesh into a bowl, add the butter, cheese, chives and mushrooms, mix well. Season. Pile the mixture back into the potato skins.
- 3 Place the filled potatoes in a flan dish on the low rack. Cook on DUAL GRILL, MEDIUM for 7-8 minutes until brown and crispy.





## SPINACH & MUSHROOM LASAGNE

**SERVES 4-6**

**75g (3oz) butter**

**225g (8oz) mushrooms, thickly sliced**

**1 vegetable stock cube, crumbled**

**900g (2lb) frozen spinach**

**2.5ml (1/2tsp) nutmeg**

**325g (12oz) cottage cheese**

**salt and pepper to taste**

**12 pieces of lasagne**

**300ml (1/2 pint) cheese sauce (see page 65)**

**100g (4oz) Cheddar or Parmesan cheese, grated**

### **Microwave Tip: Garlic bread**

75g (3oz) butter, 2 cloves garlic, crushed, one small French stick, sliced. Mix butter and garlic together and spread onto the sliced bread. Wrap the stick in kitchen paper and heat on MEDIUM for 1-2 minutes until butter has melted.

**PREPARATION TIME - 30 MINUTES**

- 1 Place 50g (2oz) butter in a bowl, heat on HIGH for 30 seconds. Add mushrooms and stock cube, mix well. Cook on HIGH for 2 minutes.
- 2 Heat spinach on HIGH for 10 minutes, stir 2-3 times. Drain. Stir in remaining butter, nutmeg, cheese, seasoning and mushroom mixture.
- 3 Line the base of a deep, square 20.4cm (8") dish with a layer of lasagne, followed by a layer of spinach mixture, cheese sauce and another layer of lasagne. Layer until all ingredients have been used, ensuring the final layer is lasagne, with enough cheese sauce to cover the surface. Sprinkle generously with grated cheese.
- 4 Place on low rack, cook on DUAL COOK 220°C, MEDIUM for 25 minutes.



*Blue Cheese & Chive Jackets (page 35); Butter Bean Casserole (page 35); Spinach & Mushroom Lasagne (page 36).*



Chocolate Chip Cookies (page 38); Banana Muffins (page 38); Vegetable Burger (page 38); Pussy Cat Pizza (page 37).

## PUSSY CAT PIZZAS

SERVES 6

**pizza base,**

**75g (3oz) self raising flour**

**75g (3oz) wholemeal flour**

**5ml (1tsp) baking powder**

**50g (2oz) Cheddar cheese, grated**

**salt and pepper to taste**

**120ml (4flox) milk to mix**

**topping:**

**60-75ml (4-5tbsp) tomato relish**

**6 cherry tomatoes, sliced**

**175g (6oz) Mozzarella cheese, finely chopped**

**2 salami snack sausages, sliced**

**1 green pepper, thinly sliced**

PREPARATION TIME - 20 MINUTES

- 1 To prepare the base, place flours, baking powder, cheese, and seasoning in a bowl, mix well. Combine with enough milk to make a soft dough.
- 2 Cut out a cat face template out of paper approx. 10cm (3.9") in diameter with triangular ears.
- 3 Roll out the dough to a thickness of 0.6cm (1/4"). Use the template to cut out 6 cat faces. Place two in a large, greased flan dish.
- 4 Spread tomato relish over the surface of each face. Cover with sliced tomato and sprinkle with Mozzarella cheese. Place three slices of salami on each face to make two eyes and a nose, use the sliced green pepper to make whiskers placing three slices on each side of the nose.
- 5 Place on the high rack, cook on DUAL GRILL, MEDIUM LOW for 7-8 minutes until golden. Repeat for remaining pizzas.

*Ideal for childrens' parties.*



### VEGETABLE BURGERS

**SERVES 4-6**

**225g (8oz) potatoes, cooked & mashed skins**  
**100g (4oz) baked beans**  
**75g (3oz) Cheddar cheese, grated**  
**100g (4oz) canned mixed vegetables, drained**  
**2 spring onions, finely sliced**  
**5ml (1tsp) fresh parsley, chopped**  
**salt and pepper to taste**  
**175g (6oz) fresh wholemeal breadcrumbs**  
**1 egg (size 3), beaten to glaze**  
**sesame seeds or sunflower seeds to sprinkle**

**PREPARATION TIME - 12 MINUTES**

- 1 Place potatoes, beans, cheese, vegetables, spring onions and parsley in a bowl, mix well. Season and stir in the breadcrumbs.
- 2 Shape the mixture into six even sized burgers, 1.3cm (1/2") thick. Brush with beaten egg and sprinkle with sesame or sunflower seeds.
- 3 Place burgers in a large flan dish on the high rack. Cook on DUAL GRILL, MEDIUM for 8 minutes until brown and crispy on both sides, turn over after 4 minutes.

*Serve in bread bun with cheese and relish.*

### CHOCOLATE CHIP COOKIES

**SERVES 6-8**

**175g (6oz) margarine**  
**100g (4oz) caster sugar**  
**225g (8oz) self raising flour**  
**50g (2oz) milk chocolate, finely chopped**  
**25g (1oz) walnuts, finely chopped**

*The biscuits will be soft when hot but will harden as they cool.*

**PREPARATION TIME - 10 MINUTES**

- 1 Cream margarine and sugar until light and fluffy. Stir in the flour, chocolate and walnuts to make a soft but firm dough.
- 2 Divide mixture into 8 even sized balls, place apart in two large flan dishes and flatten slightly.
- 3 Place one dish on low rack and the other on the high rack. Bake on CONVECTION 180°C for 25 minutes until golden brown around the edges.



### BANANA MUFFINS

**SERVES 6-8**

**175g (6oz) margarine**  
**175g (6oz) soft brown sugar**  
**1 egg (size 3), beaten**  
**2 large bananas, mashed (see Tip, below)**  
**100g (4oz) self raising flour**  
**125g (5oz) self raising wholemeal flour**  
**30ml (2 tbsp) natural yoghurt**  
**icing sugar to dredge**

**PREPARATION TIME - 15 MINUTES**

- 1 Cream margarine and sugar until light and fluffy. Add the egg and banana, mix well.
- 2 Stir in the flours and yoghurt to make a soft dough.
- 3 Spoon equal amounts of the mixture into 14 muffin cases.
- 4 Place the cases into 2 bun trays, place one tray onto the high rack and one onto the low rack.
- 5 Cook on CONVECTION 200°C for 30 minutes. After 15 minutes change the trays over
- 6 Repeat this process for the remaining mixture.

*Serve warm, dredged with icing sugar.*

**Microwave Tip: Softening bananas**

Place two peeled bananas in a bowl. Heat on HIGH for 30 seconds to 1 minute.

## CHEESE & EGGS

### CHEESE SOUFFLE

**SERVES 4**

**50g (2oz) butter**

**50g (2oz) plain flour**

**salt and pepper to taste**

**300ml (1½ pint) milk**

**225g (8oz) Cheddar cheese, grated**

**6 eggs (size 3), separated**

**Cook's Tip: Yorkshire pudding (Jet Convection)**

Place 5ml (1tsp) oil into eight Yorkshire pudding moulds (two trays of 4 moulds). Place one tray on high rack and the other on low rack. Preheat oven and oiled tins to CONVECTION 220°C. Combine 300ml (½ pint) milk, 2 eggs (size 3), 100g (4oz) plain flour and pinch of salt until smooth, pour equal amounts into hot oil. Return trays to oven, one on high rack and other on low rack. Bake in preheated oven CONVECTION 220°C for 25 minutes.

Swap the trays over after 15 minutes.

**PREPARATION TIME - 10 MINUTES**

- 1 Place the butter in a large bowl and heat on HIGH for 1 minute. Stir in the flour, and seasoning to form a paste.
- 2 Gradually add the milk, cook on HIGH for 3 minutes, stir every minute until smooth and thick. Add the cheese, mix well, cook on HIGH for 2 minutes.
- 3 Preheat the oven to CONVECTION 220°C.
- 4 Beat the egg yolks into the sauce and allow to cool.
- 5 In a separate bowl beat the egg whites until stiff. Carefully fold the egg whites into the cheese sauce mixture a little at a time until blended.
- 6 Pour soufflé into a greased 2.4 litre (4 pint) soufflé dish.
- 7 Place on low rack and bake in the preheated oven CONVECTION 220°C for 35 minutes until the top has puffed up and is golden brown and a skewer comes out clean.

### STUFFED TOFU WITH SPICY TOMATO SAUCE

**SERVES 4**

**450g (1lb) tofu, drained**

**100g (4oz) Mozzarella, thinly sliced**

**75g (3oz) Danish Blue, thinly sliced**

**1 quantity Spicy Tomato Sauce (see page 65)**

**PREPARATION TIME - 12 MINUTES**

- 1 Cut tofu in half to make 4 pieces.
- 2 Slice each piece horizontally along one side to make a pocket. Fill each pocket with sliced cheese, place in a large flan dish. Pour in sauce.
- 3 Place on turntable, cook on MEDIUM for 12 minutes.

### HAM & STILTON GOUGERE

**SERVES 4**

**Choux pastry:**

**150ml (¼ pint) water**

**50g (2oz) butter**

**75g (3oz) plain flour**

**salt and pepper to taste**

**5ml (1tsp) dried marjoram (see Tip, page 20)**

**5ml (1tsp) dried thyme (see Tip, page 20)**

**2 eggs (size 3), beaten**

**filling:**

**25g (1oz) butter**

**6 spring onions, sliced**

**125g (5oz) mushrooms, sliced**

**25g (1oz) plain flour**

**120ml (8tbsp) hot chicken stock**

**120ml (8tbsp) single cream**

**10ml (2tsp) whole grain mustard**

**225g (8oz) cooked ham, chopped**

**75g (3oz) Stilton cheese, crumbled**

**50g (2oz) Cheddar cheese, grated**

**5ml (1tsp) fresh parsley, chopped**

**PREPARATION TIME - 25 MINUTES**

- 1 Heat the water and butter on HIGH for 3 minutes, beat in the flour, salt, pepper, marjoram and thyme.
- 2 Gradually add the eggs and beat well until the mixture is smooth, thick and glossy.
- 3 Place 16 heaped tablespoons of the choux mixture in a circle around the edge of a greased 25.4cm (10") flan dish..
- 4 To prepare the filling, place the butter, onion and mushrooms in a bowl and heat on HIGH for 3 minutes. Stir in the flour to form a paste.
- 5 Gradually stir in the stock, cream and mustard. Cook on HIGH for 3 minutes until thick and smooth. Stir in the ham and cheese, spoon into the centre of the choux ring, sprinkle with parsley.
- 6 Preheat the oven to CONVECTION 220°C.
- 7 Place on low rack and bake in the preheated oven on CONVECTION 220°C for 25 minutes until golden brown.



## CHEESE & EGGS

### SPANISH OMELETTE

SERVES 4-6

**15ml (1tbsp) olive oil**  
**6 spring onions, sliced**  
**1 small red pepper, seeded and sliced**  
**1 small green pepper, seeded and sliced**  
**175g (6oz) potato, cooked and sliced**  
**5 eggs (size 3), beaten**  
**salt and pepper to taste**  
**75g (3oz) Cheddar cheese, grated**  
**15ml (1tbsp) fresh parsley, chopped**

PREPARATION TIME - 10 MINUTES

- 1 Place the oil in a 25.4cm (10") flan dish together with the spring onion, red and green pepper, mix well. Cook on HIGH for 2-3 minutes until tender.
- 2 Add the potato, ensuring the mixture is evenly distributed over the base of the flan dish, pour in the beaten egg. Season with salt and pepper, sprinkle with cheese and parsley.
- 3 Place on low rack, cook on DUAL GRILL, MEDIUM for 8-9 minutes until evenly brown and crispy.



*Spanish Omelette (page 40); Ham & Stilton Gougère (page 39); Cheese Soufflé (page 39).*

### CHEESE, HAM & POTATO CASSEROLE

SERVES 4

**450g (1lb) par-boiled potatoes, thinly sliced**  
**225g (8oz) Cheddar cheese, thinly sliced**  
**2 medium onions, sliced**  
**100g (4oz) cooked ham, chopped**  
**300ml (1/2 pint) white sauce (see page 65)**  
**25g (1oz) cheese, grated**

*Serve as a snack or light main meal with crisp salad.*

PREPARATION TIME - 15 MINUTES

- 1 Place alternate layers of potato, cheese, onion, ham and white sauce in a 2.5 litre (approx. 4 pint) casserole dish until all ingredients are used. Top with grated cheese.
- 2 Place the casserole dish on low rack, use sequence programming to cook on MEDIUM HIGH for 14 minutes then on DUAL GRILL, MEDIUM HIGH for 4-6 minutes.

## CHEESE & EGGS

### BACON, EGG & TOMATO PIE

SERVES 4-6

**450g (1lb) puff pastry**

**8 rashers bacon, with rind removed**

**5 eggs (size 3)**

**5 medium tomatoes, sliced**

**salt and pepper to taste**

**1 egg (size 3), beaten to glaze**

*Serve at brunch, lunch or supper.*

PREPARATION TIME - 8 MINUTES

- 1 Preheat the oven to CONVECTION 220°C.
- 2 Line a greased 25.4cm (10") flan dish with half the pastry. Cover pastry base with bacon rashers and break the eggs over the top of the bacon (try not to break the egg yolks).
- 3 Place the tomato evenly over the eggs. Season. Roll out remaining pastry to cover, seal the edges and brush with egg to glaze.
- 4 Place on the low rack, bake in preheated oven CONVECTION 220°C for 20 minutes.

### SWISS CHEESE FONDUE

SERVES 4-6

**1 clove garlic, crushed (see Tip, page 29)**

**225g (8oz) Gruyère cheese, grated**

**100g (4oz) Emmenthal cheese, grated**

**100g (4oz) Cheddar cheese, grated**

**25g (1oz) flour**

**salt and pepper to taste**

**1.25ml (1/4tsp) ground nutmeg**

**150ml (1/4 pint) dry white wine**

**150ml (1/4 pint) milk**

**French bread, cubed and assorted crudités**

PREPARATION TIME - 10 MINUTES

- 1 Combine the garlic and cheeses in a 2.5 litre (approx. 4 pint) casserole dish, add the flour, seasoning and nutmeg, mix well.
- 2 Pour the wine and milk into the cheese mixture, mix well. Cook on MEDIUM HIGH for 12 minutes until smooth and bubbling, stir every 4 minutes.

*Serve with French bread and crudités.*



*Pizza with Salami & Mushrooms (page 42); Cheese & Nut Loaf (page 42); Quiche Lorraine (page 42).*



## CHEESE & EGGS

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### PIZZA WITH SALAMI & MUSHROOMS

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SERVES 4

125g (5oz) white self raising flour  
125g (5oz) granary flour  
2.5ml (½tsp) salt  
5ml (1tsp) baking powder  
45ml (3tbsp) olive oil  
150ml (⅓ pint) milk  
90ml (6tbsp) tomato relish  
5ml (1tsp) Worcestershire sauce  
15ml (1tbsp) fresh oregano  
50g (2oz) salami sausage, sliced  
50g (2oz) mushrooms, sliced  
½ green pepper, thinly sliced  
1-2 medium tomatoes, quartered  
100g (4oz) Mozzarella cheese, grated  
salt and pepper to taste

**Variations:**

**Tuna and olive:** Substitute salami with 200g (7oz) canned tuna, chopped and top with 8 whole black olives.

PREPARATION TIME - 20 MINUTES

- 1 Place flours, salt and baking powder in a large bowl, mix well. Blend oil and milk together, stir into the flour to make a firm dough.
- 2 Roll out to make a 25.4cm (10") circle. Place in a greased 25.4cm (10") flan dish, cook on HIGH for 3-4 minutes. Carefully turn over, cover with topping.
- 3 To prepare the topping, combine the tomato relish, Worcestershire sauce and 5ml (1tsp) of oregano. Spread evenly over the uncooked side of the pizza base. Arrange the salami, mushrooms, green pepper and tomatoes on top and sprinkle with the Mozzarella and remaining oregano. Season with salt and pepper.
- 4 Place on low rack, cook on DUAL GRILL, MEDIUM for 10 minutes until the vegetables are tender and the cheese is brown and crispy.

**Ham and pineapple:** Substitute salami with 100g (4oz) chopped, cooked ham, add 3 pineapple rings.

### CHEESE & NUT LOAF

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SERVES 4-6

175g (6oz) walnuts, chopped  
225g (8oz) fresh brown breadcrumbs  
100g (4oz) Cheddar cheese, grated  
1 medium onion, chopped  
50g (2oz) mushrooms, sliced  
10ml (2tsp) fresh parsley, chopped  
90ml (6tbsp) milk  
4 eggs (size 3), beaten  
30ml (2tbsp) whole grain mustard  
salt and pepper to taste  
100g (4oz) frozen spinach  
125g (5oz) cottage cheese  
50g (2oz) Cheddar cheese, grated

PREPARATION TIME - 15 MINUTES

- 1 Grease a 1.5 litre (2½ pint) loaf dish and line the base with greaseproof paper.
- 2 Blend the walnuts, breadcrumbs, cheese, onion, mushrooms, parsley, milk, eggs mustard and seasoning together using a food processor.
- 3 Place the spinach in a bowl and heat on HIGH for 3 minutes, drain thoroughly.
- 4 Place half of the nut mixture in the base of the prepared dish and smooth the surface.
- 5 Spread the cottage cheese on top, followed by the spinach and the remaining nut mixture. Smooth the surface and sprinkle with the grated cheese.
- 6 Place on turntable, cook on DUAL GRILL, MEDIUM for 16 minutes until brown.

### QUICHE LORRAINE

---

SERVES 4-6

275g (10oz) short crust pastry  
6 rashers of bacon, chopped  
1 large onion, finely chopped  
4 eggs (size 3)  
300ml (⅓ pint) milk  
salt and pepper to taste  
5ml (1tsp) dried mixed herbs  
100g (4oz) Cheddar cheese, grated

PREPARATION TIME - 18 MINUTES

- 1 Line a 20.4cm (8") flan dish with pastry.
- 2 Place bacon and onion in a bowl, cook on HIGH for 3 minutes.
- 3 Place eggs, milk, seasoning in a bowl, mix well.
- 4 Spread bacon and onion evenly over the pastry. Pour egg mixture over, top with grated cheese.
- 5 Place on low rack. Cook on DUAL COOK 220°C, MEDIUM LOW for 30-35 minutes.

**Stilton & mushrooms:** Replace bacon with 125g (5oz) sliced mushrooms and Cheddar with Stilton.

## RICE & PASTA

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### CHEESY SALMON PIE

---

**SERVES 4**

**200g (7oz) white long grain rice**  
**1 medium onion, chopped**  
**salt to taste**  
**600ml (1 pint) boiling water**  
**75g (3oz) butter**  
**1 egg (size 3), beaten**  
**200g (7oz) canned red salmon, drained**  
**25g (1oz) plain flour**  
**5ml (1tsp) mustard powder**  
**pepper to taste**  
**300ml (1/2 pint) milk**  
**50g (2oz) Wensleydale cheese, grated**  
**2 eggs (size 3), beaten**  
**5ml (1tsp) fresh parsley, chopped**  
**extra Wensleydale cheese, grated to sprinkle**

**Variation:**

*Make as above, substitute salmon for crab or tuna.*

**PREPARATION TIME - 18 MINUTES**

- 1 Place rice, onion, salt and water in a large bowl, mix well. Cook on MEDIUM HIGH for 13-14 minutes until tender, stir 2-3 times. Drain.
- 2 Stir 50g (2oz) of the butter and the egg into the rice. Press the mixture onto the base and sides of a greased 25.4cm (10") flan dish.
- 3 Spread the salmon evenly over the rice base.
- 4 Melt remaining butter in a large bowl on HIGH for 1 minute, stir in flour, mustard and pepper to form a paste. Gradually stir in the milk. Heat on HIGH for 3 minutes, stir every minute until smooth and thick. Stir in cheese, eggs and parsley.
- 5 Pour the sauce into the flan dish and sprinkle generously with the parsley and cheese.
- 6 Place on the low rack, cook on DUAL BAKE 200°C, MEDIUM LOW for 25 minutes.

### PASTA WITH PINENUTS

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**SERVES 4**

**225g (8oz) pasta, e.g. Farfalle (pasta bows)**  
**600ml (1 pint) boiling water**  
**50g (2oz) pine nuts**  
**1 quantity of blue cheese sauce (see page 65)**  
**15ml (1tbsp) fresh parsley, chopped to garnish**

**PREPARATION TIME - 8 MINUTES**

- 1 Place pasta in a large bowl, add boiling water, cook on MEDIUM HIGH for 12-14 minutes until tender, drain.
- 2 Add the pinenuts, mix well. Place in a warm serving dish and cover with sauce.

*Serve hot garnished with parsley.*

### MACARONI CHEESE

---

**SERVES 4**

**175g (6oz) macaroni**  
**600ml (1 pint) boiling water**  
**4 rashers bacon, chopped (optional)**  
**1 small onion, finely chopped**  
**50g (2oz) butter**  
**50g (2oz) plain flour**  
**600ml (1 pint) milk**  
**125g (5oz) Cheddar cheese, grated**  
**salt and pepper to taste**  
**50g (2oz) Cheddar cheese, grated to sprinkle**  
**15ml (1tbsp) fresh parsley, chopped to garnish**

**PREPARATION TIME - 12 MINUTES**

- 1 Place the macaroni in a 2.5 litre (approx. 4 pint) casserole dish, add boiling water. Cook on MEDIUM HIGH for 11-12 minutes until tender, stir 2-3 times during cooking. Drain and return to dish.
- 2 Place the bacon (if using) and onion in a bowl and cook on HIGH for 2 minutes, stir into the macaroni.
- 3 Place the butter in a bowl, heat on HIGH for 1 minute until melted, add the flour to form a paste and gradually stir in the milk. Cook on HIGH for 4-5 minutes, stir every minute until smooth and thick. Stir in the cheese and season.
- 4 Stir the sauce into the macaroni and sprinkle with grated cheese and parsley.
- 5 Place on low rack, cook on DUAL COOK 220°C, MEDIUM for 20 minutes.

**Microwave Tip: Softening butter**

Place 250g (9oz) block of butter on a plate. Heat on HIGH for 20-25 seconds.



### FUSILLI WITH TROUT & COURGETTES

**SERVES 4**

**2 medium courgettes, thinly sliced**  
**15ml (1tbsp) olive oil**  
**225g (8oz) fresh spinach Fusilli (pasta twists)**  
**600ml (1 pint) boiling water**  
**1 cooked, trout fillet (approx. 225g (8oz)), flaked**  
**150ml (1/4 pint) natural yoghurt**  
**salt and pepper to taste**  
**15ml (1tbsp) fresh coriander, chopped**

**PREPARATION TIME - 8 MINUTES**

- 1 Cut courgette slices in half, place in a bowl with the olive oil, mix well. Cook on HIGH for 2 minutes.
- 2 Place the Fusilli in a large bowl and cover with the boiling water. Cook on MEDIUM HIGH for 10-12 minutes until tender. Do not drain until the rest of the dish is prepared.
- 3 Stir trout into courgette mixture. Add yoghurt and season. Heat on HIGH for 3 minutes until hot, spoon onto the Fusilli. Sprinkle with coriander.

### CANNELLONI

**SERVES 4**

**1 medium onion, chopped**  
**1 clove garlic, crushed (see Tip, page 29)**  
**25g (1oz) butter**  
**450g (1lb) lean minced beef**  
**100g (4oz) mushrooms, chopped**  
**15ml (1tbsp) tomato purée**  
**400g (14oz) canned chopped tomatoes**  
**150ml (1/4 pint) hot beef stock**  
**salt and pepper to taste**  
**12 pieces of lasagne**  
**300ml (1/2 pint) cheese sauce (see page 65)**  
**extra grated cheese to sprinkle**  
**15ml (1tbsp) fresh oregano, chopped to garnish**

**PREPARATION TIME - 25 MINUTES**

- 1 Place onion, garlic and butter in a bowl, heat on HIGH for 2 minutes. Add the mince, cook on HIGH for 7 minutes, stir halfway through cooking.
- 2 Add mushrooms, purée, tomatoes, stock and seasoning. Cook on MEDIUM HIGH for 25 minutes until thickened, stir every 5 minutes.
- 3 Place 3-4 pieces of lasagne in a bowl, cover with boiling water. Cook on HIGH for 4 minutes until tender enough to bend. Remove from water, dry on kitchen paper. Repeat for the remaining lasagne.
- 4 Place a large spoonful of meat mixture at one end of a piece of lasagne, roll up and place seam side down in a deep, square 20.4cm (8") dish. Repeat for remaining lasagne. Place any remaining meat around the filled lasagne.
- 5 Pour the cheese sauce on top of the filled lasagne. Sprinkle generously with cheese and parsley.
- 6 Place on low rack, cook on DUAL COOK 200°C, MEDIUM for 30 minutes until brown and crispy.



#### **Microwave Tip: Improving smells in the oven**

Place half a lemon in a bowl, add 300ml (1/2 pint) water and heat on HIGH for 10-12 minutes. Wipe the oven using a dry cloth.

*Fusilli with Trout & Courgettes (page 44)*

## RICE & PASTA

### EGG FRIED RICE

SERVES 4

30ml (2tbsp) groundnut oil  
1 clove garlic, crushed (see Tip, page 29)  
4 spring onions, sliced  
100g (4oz) button mushrooms, halved  
50g (2oz) peas  
175g (6oz) long grain white rice, cooked  
15ml (1tbsp) dark soy sauce  
2 eggs (size 3), beaten  
salt and pepper to taste

PREPARATION TIME - 8 MINUTES

- 1 Place the oil, garlic, spring onions, mushrooms and peas in a large bowl, mix well. Heat on HIGH for 2 minutes.
- 2 Stir in the rice and soy sauce. Heat on HIGH for 6-7 minutes, stir every 2-3 minutes until the rice is evenly hot.
- 3 Pour egg over the rice, do not stir into the rice. Cook on HIGH for 2 minutes and then break up the egg and stir evenly into the rice. Season.

### BEEF RISOTTO

SERVES 4

30ml (2tbsp) olive oil  
1 medium onion, finely chopped  
1 stick celery, finely sliced  
1 green pepper, seeded and sliced  
1 red pepper, seeded and sliced  
175g (6oz) beef fillet, thinly sliced into 5cm (2") strips  
2.5ml (½tsp) cayenne pepper  
5ml (1tsp) ground cumin  
grated rind of 1 lemon  
75g (3oz) peas  
225g (8oz) white long grain rice  
600ml (1 pint) hot beef stock  
salt and pepper to taste

PREPARATION TIME - 12 MINUTES

- 1 Place the oil, onion, celery, red and green pepper in a large bowl, mix well. Heat on HIGH for 2 minutes. Stir in the beef and cook on HIGH for 5-6 minutes, stir halfway through cooking.
- 2 Stir in the remaining ingredients and cook on MEDIUM HIGH for 13-14 minutes until the rice is tender and all the beef stock has been absorbed, stir 2-3 times during cooking.

#### Microwave Tip: Softening avocados

Pierce an unpeeled avocado in several places. Place on the turntable and heat on HIGH for 1 minute. Allow to cool before peeling.

### FETTUCCINE CARBONARA

SERVES 4

225g (8oz) Fettuccine  
600ml (1pint) boiling water  
225g (8oz) button mushrooms, halved  
4 shallots, finely sliced  
4 rashers bacon, chopped  
25g (1oz) butter  
300ml (½ pint) single cream  
1 egg (size 3), beaten  
15ml (1tbsp) fresh oregano, chopped  
100g (4oz) peas  
salt and pepper to taste

PREPARATION TIME - 10 MINUTES

- 1 Place the Fettuccine in a large bowl. Add the boiling water and cook on MEDIUM HIGH for 10-12 minutes until the pasta is tender, drain.
- 2 Place the mushrooms, shallots, bacon and butter in a bowl. Cook on HIGH for 3 minutes. Drain.
- 3 Beat the cream, egg and oregano together, add the mushroom mixture and peas. Season with salt and pepper to taste.
- 4 Pour over the cooked Fettuccine, toss gently, and heat on MEDIUM HIGH for 5 minutes, stir after 3 minutes.



## RICE & PASTA

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### RICE STUFFED BEEF TOMATOES

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SERVES 4

4 beef tomatoes  
125g (5oz) white long grain rice, cooked  
50g (2oz) cooked ham, chopped  
50g (2oz) peas  
15ml (1tbsp) fresh oregano, chopped  
salt and pepper to taste  
75g (3oz) Mozzarella cheese, chopped  
15ml (1tbsp) fresh oregano, chopped to garnish

PREPARATION TIME - 10 MINUTES

- 1 Slice the top off each tomato and scoop out the flesh into a bowl, stir in the rice, ham, peas, oregano, salt and pepper.
- 2 Fill each tomato shell with the rice mixture and place in a large flan dish. Sprinkle generously with the Mozzarella cheese and oregano.
- 3 Place the on low rack, cook on MEDIUM for 10 minutes, then GRILL for 6 minutes until the tomatoes are tender and the cheese is brown and crispy.

### SPICED PILAU RICE

---

SERVES 4

25g (1oz) butter  
1 small onion, finely chopped  
half stick of cinnamon  
2.5ml (½tsp) cumin seeds, crushed  
1 cardamon pod, crushed  
5ml (1tsp) ground turmeric  
1 bay leaf  
salt to taste  
175g (6oz) white Basmati rice  
600ml (1 pint) boiling water

PREPARATION TIME - 5 MINUTES

- 1 Place the butter in a large bowl, heat on HIGH for 1 minute until melted, stir in the onion and cook on HIGH for 1 minute.
- 2 Add the remaining ingredients, mix well. Cover with the boiling water, cook on MEDIUM HIGH for 13-14 minutes until the rice is tender, stir 2-3 times during cooking. Drain.
- 3 Remove the cinnamon stick and bay leaf.

### RICE PILAF

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SERVES 4

30ml (2tbsp) olive oil  
175g (6oz) wholemeal Basmati rice  
pinch of ground turmeric  
1 medium onion, chopped  
600ml (1 pint) boiling water  
100g (4oz) button mushrooms, halved  
50g (2oz) flaked almonds  
10ml (2tsp) dried mixed herbs  
salt and pepper to taste

PREPARATION TIME - 6 MINUTES

- 1 Place 15ml (1tbsp) of the oil in a large bowl, stir in the rice, turmeric and onion, heat on HIGH for 2 minutes.
- 2 Add the boiling water, cook on MEDIUM HIGH for 19-20 minutes until the rice is tender, stir 2-3 times during cooking. Drain.
- 3 Place remaining oil, mushrooms, flaked almonds and mixed herbs in a separate bowl, cook on HIGH for 4 minutes. Season and stir into rice.

*Serve with Chicken Satay, photo and recipe page 25.*

### TORTELLINI WITH AUBERGINES

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SERVES 4

225g (8oz) Tortellini (cheese or meat)  
600ml (1 pint) boiling water  
30ml (2tbsp) olive oil  
1 medium aubergine, cut to 1.5cm (½") cubes  
400g canned chopped tomatoes  
1 clove garlic, crushed (see Tip, page 29)  
salt and pepper to taste  
15ml (1tbsp) fresh basil, chopped  
50g (2oz) Parmesan cheese, grated

PREPARATION TIME - 12 MINUTES

- 1 Place Tortellini in a large bowl, add boiling water. Cook on MEDIUM HIGH for 10-12 minutes until tender. Drain.
- 2 Place oil in a separate bowl, stir in aubergine. Cook on HIGH for 6 minutes, stir every minute.
- 3 Add tomatoes and garlic, mix well. Season. Cook on HIGH for 3 minutes, stir in the basil.
- 4 Stir aubergine mixture into pasta. Heat on MEDIUM HIGH for 4 minutes. Sprinkle with basil and cheese to serve.

### VEGETABLE LOAF

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**SERVES 4-6**

**175g (6oz) fresh wholemeal breadcrumbs**  
**1 large carrot, grated**  
**2 small courgettes, sliced**  
**1 large potato, grated**  
**3 sticks of celery, sliced**  
**4 rashers bacon, chopped (optional)**  
**125g (5oz) Cheddar cheese, grated**  
**2 eggs (size 3), beaten**  
**salt and pepper to taste**  
**75g (3oz) Cheddar cheese, grated to sprinkle**  
**15ml (1tbsp) fresh parsley, chopped**

**PREPARATION TIME - 20 MINUTES**

- 1 Combine breadcrumbs, carrot, courgette, potato and celery. Add bacon (if using), cheese, eggs, salt and pepper, mix well.
- 2 Pour mixture into a greased 1.5 litre (2.5 pint) loaf dish, cover with the cheese and parsley.
- 3 Place on low rack, bake in a preheated oven DUAL COOK 220°C, MEDIUM for 20 minutes.

### PUREED SWEDE & CARROTS

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**SERVES 4**

**450g (1lb) swede**  
**450g (1lb) carrots**  
**150ml (1/4 pint) water**  
**Knob of butter**  
**salt and pepper to taste**

**PREPARATION TIME - 7 MINUTES**

- 1 Cut swede and carrots into small, even pieces. Place in large bowl, add the water. Cover and cook on HIGH for 14 minutes. Drain.
- 2 Add butter, salt and pepper and mash together.
- 3 Heat on HIGH for 3 minutes.

### COURGETTE & CASHEW NUT AU GRATIN

---

**SERVES 4**

**450g (1lb) courgettes, sliced**  
**275g (10oz) baby carrots**  
**125g (5oz) mushrooms, sliced**  
**125g (5oz) roasted cashew nuts**  
**300ml (1/2 pint) cheese sauce (see page 65)**  
**50g (2oz) fresh wholemeal breadcrumbs**  
**50g (2oz) Stilton cheese, crumbled**

**PREPARATION TIME - 15 MINUTES**

- 1 Place courgettes in bowl with 15ml (1tbsp) water. Cover, cook on HIGH for 6 minutes, stir after 3 minutes. Drain. Place carrots in a bowl with 30ml (2tbsp) water. Cover, cook on HIGH for 6 minutes, stir after 3 minutes. Drain. Add the mushrooms, cook on HIGH for 2 minutes. Stir in courgettes and cashew nuts. Place mixture in a 2.5 litre (approx. 4 pint) casserole dish. Cover with sauce and sprinkle with breadcrumbs and cheese.
- 2 Place on low rack, cook on DUAL GRILL, MEDIUM LOW for 8 minutes until brown and crispy.

### SPICY POTATOES

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**SERVES 4**

**30ml (2tbsp) vegetable oil**  
**10ml (2tsp) ground cinnamon**  
**10ml (2tsp) ground coriander**  
**5ml (1tsp) Cayenne pepper**  
**10ml (2tsp) sesame seeds**  
**5ml (1tsp) caraway seeds**  
**50g (2oz) butter**  
**1.3cm (1/2") fresh root ginger, peeled & grated**  
**2 cloves garlic, crushed (see Tip, page 29)**  
**675g (1 1/2lb) cooked potatoes, cut into 2.5cm (1") pieces**  
**pinch of salt**

**PREPARATION TIME - 12 MINUTES**

- 1 Place the oil, cinnamon, coriander, Cayenne pepper, sesame and caraway seeds in a 2.5 litre (approx. 4 pint) casserole dish, mix well. Heat on HIGH for 1 minute.
- 2 Add the butter, ginger and garlic. Cook on MEDIUM HIGH for 3 minutes. Stir in the potatoes and salt.
- 3 Place on the turntable, cook on MEDIUM for 8-10 minutes, stir every 2-3 minutes.

*Garnish with fresh chopped coriander, serve with grilled or roasted meats.*



## VEGETABLES

### MANGE-TOUT WITH BABY SWEETCORN

**SERVES 4**

**50g (2oz) butter**

**225g (8oz) baby sweetcorn**

**225g (8oz) mange-tout**

**salt and pepper to taste**

**PREPARATION TIME - 4 MINUTES**

**1** Heat butter on HIGH for 1 minute.

**2** Add the sweetcorn, cover and cook on HIGH for 2 minutes. Stir in the mange-tout, cover and cook on HIGH for 3 minutes. Season and serve hot.

### STIR FRIED VEGETABLES

**SERVES 4**

**15ml (1tbsp) sunflower oil**

**30ml (2tbsp) soy sauce**

**15ml (1tbsp) sherry**

**2.5cm (1") root ginger, peeled and finely grated**

**1 clove garlic, crushed (see Tip, page 29)**

**2 medium carrots, cut into fine strips**

**100g (4oz) button mushrooms, halved**

**50g (2oz) beansprouts**

**100g (4oz) mange-tout**

**1 red pepper, seeded and thinly sliced**

**4 spring onions, chopped**

**100g (4oz) canned water chestnuts, sliced**

**half a head of chinese leaves, thinly sliced**

**PREPARATION TIME - 12 MINUTES**



**1** Place the oil, soy sauce, sherry, ginger, garlic and carrots in a large bowl and mix well. Cover and cook on HIGH for 4-5 minutes.

**2** Stir in the mushrooms, beansprouts, mange-tout, red pepper, spring onions, water chestnuts and chinese leaves. Cook on HIGH for 5-6 minutes until the vegetables are tender, stir halfway through cooking.



*Stir Fried Vegetables (page 45).*

## DESSERTS

### GOLDEN SYRUP DUMPLINGS

SERVES 4-6

**syrup:**

300ml (1/2 pint) water

200g (7oz) brown sugar

60ml (4tbsp) golden syrup

50g (2oz) butter

grated rind of 1 large orange

**dumplings:**

100g (4oz) self raising flour

50g (2oz) butter

15ml (1tbsp) caster sugar

1 egg (size 3), beaten

PREPARATION TIME - 8 MINUTES

- 1 Place syrup ingredients in a 2.5 litre (approx. 4 pint) casserole dish, mix well. Cook on HIGH for 8-10 minutes until sugar dissolves and sauce is thick, stir every 2 minutes.
- 2 Place flour in a bowl, rub in butter until mixture resembles fine breadcrumbs, stir in sugar. Bind with egg. If mixture is too dry, add a little water.
- 3 Roll into walnut sized balls (if sticky, add a little flour), place into hot syrup, allow space to spread. Cover dish. Cook on HIGH for 8-9 minutes, turn over after 4 minutes. Serve hot with vanilla ice-cream.



*Pecan Pie (page 50); Continental Cheesecake (page 50); Golden Syrup Dumplings (page 49).*

### RICE PUDDING

SERVES 4

600ml (1 pint) milk

100g (4oz) pudding rice

25g (1oz) caster sugar

25g (1oz) butter

5ml (1tsp) grated nutmeg

PREPARATION TIME - 5 MINUTES

- 1 Place the milk in a 1.5 litre (2 1/2 pint) casserole dish. Heat on HIGH for 3 minutes. Stir in the rice, sugar and butter, heat on HIGH for 5 minutes.
- 2 Sprinkle surface with grated nutmeg, cook on DUAL COOK 180°C MEDIUM LOW for 40-45 minutes. Stir 2-3 times during cooking.



### CONTINENTAL CHEESECAKE

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**SERVES 6-8**

**50g (2oz) butter**  
**50g (2oz) caster sugar**  
**45ml (3tbsp) clear honey (see Tip, page 60)**  
**2 eggs (size 3), beaten**  
**450g (1lb) low fat cream cheese (Tip, page 56)**  
**grated rind and juice of half an orange**  
**150ml (1/4 pint) soured cream**  
**15ml (1tbsp) cornflour**  
**5ml (1tsp) vanilla essence**  
**25g (1oz) sultanas**  
**base:**  
**75g (3oz) butter**  
**15ml (1tbsp) golden syrup**  
**175g (6oz) ginger biscuits, crushed**  
**to decorate:**  
**slices of fresh fruit, eg. strawberries, kiwi fruit**  
**25g (1oz) plain chocolate, grated**

**PREPARATION TIME - 20 MINUTES**

- 1 Line the base and sides of a 1.5 litre (2½ pint), straight sided loaf dish with greaseproof paper.
- 2 Beat butter, sugar and honey together until smooth. Add eggs, cream cheese, orange rind and juice, soured cream, cornflour and vanilla essence, blend until smooth.
- 3 Fold in the sultanas and spoon into the prepared dish, place on the low rack. Cook on DUAL COOK 180°C, LOW for 50 minutes until set. The mixture may be a little soft in the centre, however, this will set when chilled.
- 4 To prepare the base, place butter and syrup in a bowl, heat on HIGH for 2 minutes. Add the crushed biscuits, mix well. Spread mixture evenly on top of the cheesecake, press down gently.
- 5 Chill for 2-3 hours. Invert the cheesecake onto a serving dish so that the biscuit layer is on the bottom. Peel off the greaseproof paper and decorate with slices of fresh fruit and grated chocolate.

### JAM ROLY POLY

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**SERVES 4-6**

**225g (8oz) self raising flour**  
**100g (4oz) shredded suet**  
**150ml (1/4 pint) hot water**  
**125g (5oz) strawberry jam**

*Serve with custard, see Tip, page 51.*

**PREPARATION TIME - 20 MINUTES**

- 1 Combine flour and suet with enough hot water to form a soft dough.
- 2 Roll out to give an oblong 24.2 x 17.8cm (9½ x 7"), approx. 6mm (¼") thick.
- 3 Spread jam evenly over the surface and roll up widthways, place seam side down in a greased ¾ litre (1¼ pint) loaf dish. Cover and cook on HIGH for 6-7 minutes until firm to the touch.

### PECAN PIE

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**SERVES 4-6**

**pastry:**  
**125g (5oz) plain flour**  
**100g (4oz) plain wholemeal flour**  
**125g (5oz) butter**  
**cold water to mix**  
**filling:**  
**225g (8oz) pecan nuts**  
**225g (8oz) brown sugar**  
**90ml (6tbsp) golden syrup**  
**75g (3oz) butter, melted**  
**3 eggs (size 3), beaten**  
**5ml (1tsp) vanilla essence**

**PREPARATION TIME - 15 MINUTES**

- 1 To prepare pastry combine the flours and rub in the butter until mixture resembles fine breadcrumbs. Add enough cold water to make a soft but not sticky dough.
- 2 Line a greased 25.4cm (10") flan dish with pastry. Spread pecan nuts evenly over base, prepare filling.
- 3 Beat the sugar, syrup, butter, eggs and vanilla essence together until smooth. Pour over nuts.
- 4 Place on the low rack, bake on DUAL BAKE 200°C, MEDIUM LOW for 20-22 minutes until golden brown.

**Variation:**

*Pecan nuts can be substituted with walnuts.*

### RASPBERRY, APPLE & ALMOND CRUMBLE

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**SERVES 4-6**

**filling:**

**225g (8oz) raspberries, fresh or frozen**

**2 eating apples, peeled and thinly sliced**

**50g (2oz) brown sugar**

**15ml (1tbsp) Crème de Cassis (optional)**

**crumble:**

**75g (3oz) butter**

**125g (5oz) plain flour**

**50g (2oz) ground almonds**

**75g (3oz) caster sugar**

**50g (2oz) toasted flaked almonds**

**PREPARATION TIME - 10 MINUTES**

- 1 Place raspberries, apples, sugar and crème de cassis in a 1.5 litre (2½ pint) casserole dish, mix well. Heat on HIGH for 8 minutes, stir every minute. Put to one side whilst preparing crumble.
- 2 Rub the butter into the flour until mixture resembles fine breadcrumbs, stir in the ground almonds and caster sugar.
- 3 Spoon the crumble evenly on top of the fruit.
- 4 Place on the low rack, cook on DUAL GRILL, MEDIUM LOW for 6-8 minutes.

*Top with toasted flaked almonds to serve.*

### BREAD & BUTTER PUDDING

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**SERVES 4**

**300ml (½ pint) milk**

**150ml (¼ pint) double cream**

**4 eggs (size 3), beaten**

**100g (4oz) Demerara sugar**

**2.5ml (½tsp) grated nutmeg**

**2.5ml (½tsp) ground cloves**

**175g (6oz) mixed dried fruit**

**50g (2oz) walnuts, chopped**

**225g (8oz) granary bread, thinly sliced and generously buttered**

**25g (1oz) Demerara sugar to sprinkle**

**PREPARATION TIME - 12 MINUTES**

- 1 Mix milk, cream, eggs, sugar, nutmeg and cloves.
- 2 In a separate bowl mix the dried fruit and walnuts.
- 3 Place a layer of bread, buttered side up on the bottom of a greased 2.5 litre (approx. 4 pint) casserole dish. Sprinkle with the dried fruit mixture and add a little of the milk mixture. Repeat this process for remaining ingredients, finishing with a layer of bread and reserving enough milk mixture to cover. Sprinkle with demerara sugar.
- 4 Place on low rack, bake in a preheated oven, DUAL BAKE 200°C, MEDIUM LOW for 24 minutes until set, golden brown and crispy.

**Microwave Tip: Softening ice-cream**

Place a 1 litre (1¾ pint) tub of frozen ice-cream on the turntable (lid removed). Heat on MEDIUM for 1½-2 mins.

### LEMON MERINGUE PIE

---

**SERVES 4-6**

**225g (8oz) shortcrust pastry**

**filling:**

**1 quantity of Lemon Curd (see page 67)**

**meringue:**

**4 egg whites (size 3)**

**200g (7oz) caster sugar**

**PREPARATION TIME - 25 MINUTES**

- 1 Preheat the oven to CONVECTION 200°C.
- 2 Line a greased 25.4cm (10") flan dish with the pastry. Place on the low rack and bake in the preheated oven CONVECTION 200°C for 20 minutes until golden. Allow to cool.
- 3 Pour the lemon curd into the pastry case and allow to cool whilst preparing the meringue.
- 4 Preheat the oven to CONVECTION 180°C.
- 5 To prepare meringue, whisk egg whites until stiff. Fold in sugar, a little at a time, using a metal spoon.
- 6 Spread the meringue evenly over the top of the lemon filling forming small peaks all over.
- 7 Place on low rack, bake in preheated oven CONVECTION 180°C for 20 minutes.

**Microwave Tip: Making 300ml (½ pint) custard**

Combine 15ml (1tbsp) custard powder, 15ml (1tbsp) sugar and 300ml (½ pint) milk. Cook on HIGH for 3-4 minutes, stir every minute until thick.



### FIGGY PUDDING

**SERVES 6**

**125g (5oz) dried figs, roughly chopped**  
**125g (5oz) dried apricots, roughly chopped**  
**100g (4oz) raisins**  
**100g (4oz) currants**  
**60ml (4tbsp) brandy**  
**75g (3oz) plain flour**  
**2.5ml (1/2tsp) allspice**  
**2.5ml (1/2tsp) grated nutmeg**  
**2.5ml (1/2tsp) ground cinnamon**  
**50g (2oz) fresh breadcrumbs**  
**75g (3oz) shredded suet**  
**100g (4oz) soft brown sugar**  
**50g (2oz) blanched almonds, roughly chopped**  
**grated rind of 1 medium orange**  
**grated rind of 1 medium lemon**  
**1 eating apple, grated**  
**15ml (1tbsp) black treacle**  
**1 egg (size 3), beaten**

**PREPARATION TIME - 2 1/4 HOURS**

- 1 Place figs, apricots, raisins, currants, and brandy in a large bowl, mix well. Leave for 2 hours.
- 2 Place the flour, spices, breadcrumbs, suet, sugar, almonds, orange and lemon rind and apple in a bowl, mix well. Stir into the dried fruit mixture along with the treacle and beaten egg.
- 3 Grease 1.2 litre (2 pint) pudding basin and line the base with a circle of grease proof paper. Spoon in the pudding mixture, smooth the surface and cover with cling film.
- 4 Cook on MEDIUM for 15-16 minutes until firm to the touch.

#### **Microwave Tip: Reheating Christmas pudding**

Place a 500g (1lb 2oz) pudding in a shallow flan dish. Cover and heat on MEDIUM HIGH for 3-4 minutes.

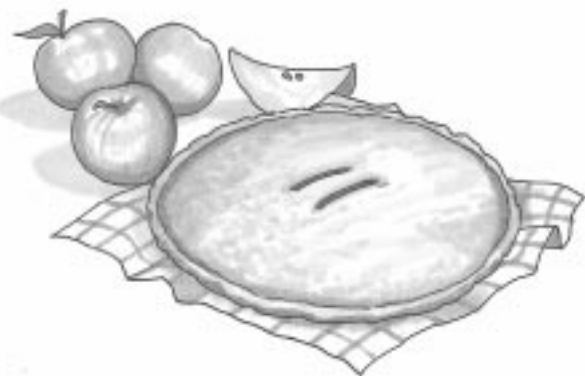
### APPLE PIE

**SERVES 6**

**100g (4oz) butter**  
**225g (8oz) flour**  
**25g (1oz) sugar**  
**1 egg yolk (size 3)**  
**cold water to mix**  
**Filling:**  
**1kg (2lb) cooking apples, peeled & sliced**  
**100g (4oz) demerara sugar**  
**10ml (2tsp) ground cinnamon (optional)**  
**grated rind of 1 orange (optional)**  
**1 egg (size 3) mixed with a little milk to glaze**  
**demerara sugar**

**PREPARATION TIME - 25 MINUTES**

- 1 For pastry, rub butter into flour until mixture resembles breadcrumbs. Stir in sugar and bind with egg yolk. Add enough cold water to make a soft but not sticky dough. Chill whilst making the filling.
- 2 For filling, combine apple, sugar, cinnamon (if using) and orange rind (if using) in a large bowl. Cook on HIGH for 8 minutes, stirring twice.
- 3 Preheat the oven to 220°C.
- 4 Line the base of a greased, 20.4 x 2.5cm (8x1") pie dish with half the pastry. Spoon in apple mixture, roll out remaining pastry and cover.
- 5 Pinch pastry edges to seal and make a slit in the centre with a sharp knife. Brush with egg mixture to glaze and sprinkle generously with sugar.
- 6 Place on the low rack, bake in a preheated oven DUAL COOK 220°C, MEDIUM for 15 minutes until golden.



## MERINGUES WITH STRAWBERRIES & CREAM

SERVES 4-6

**1 egg white (size 3)**  
**275-300g (10-11oz) icing sugar, sifted**  
**300ml (1/2 pint) double cream, whipped**  
**100g (4oz) fresh strawberries, sliced**

*Prior to serving, sandwich the meringue shells with whipped cream and sliced strawberries.*

PREPARATION TIME - 8 MINUTES

- 1 Place the egg white in a large bowl, whisk lightly. Gradually stir in the icing sugar to give a firm, non-sticky fondant.
- 2 Roll into walnut sized balls, place 6 on the turntable lined with greaseproof paper. Cook on HIGH for 1-1 1/2 minute until meringue shells form.
- 3 Remove the meringues from the paper and allow to cool. Repeat for remaining fondant.

## SOUFFLES WITH RASPBERRY COULIS

SERVES 6

**soufflés:**

**3 eggs (size 3), separated**  
**5ml (1tsp) vanilla essence**  
**100g (4oz) fromage frais**  
**grated rind of 1 lemon**  
**75g (3oz) caster sugar**  
**raspberry coulis:**

**225g (8oz) raspberries**  
**75g (3oz) caster sugar**  
**30ml (2tbsp) medium white wine**  
**juice of half a lemon (See Tip below)**  
**icing sugar to sprinkle**

PREPARATION TIME - 25 MINUTES

- 1 Preheat the oven to CONVECTION 220°C. Grease 6 ramekin dishes, sprinkle with sugar.
- 2 To prepare soufflés, whisk egg yolks and vanilla essence until thick and pale. Add fromage frais and lemon rind, mix until smooth.
- 3 Whisk egg whites separately to form stiff peaks. Add sugar, whisk until thick and glossy. Fold into egg yolk mixture.
- 4 Spoon equal amounts of soufflé into the prepared dishes. Place dishes in a large flan dish on the low rack.
- 5 Bake in preheated oven CONVECTION 220°C for 23-25 minutes until set. Chill to serve.
- 6 To prepare coulis, mix raspberries, sugar, lemon juice and wine. Cook on HIGH for 6-7 minutes, stirring twice. Blend until smooth and chill.
- 7 To serve, turn soufflés on to individual serving plates. Spoon raspberry coulis around each and sprinkle generously with icing sugar.



## STICKY TOFFEE PUDDING

SERVES 4-6

**175g (6oz) stoned dates, chopped**  
**200ml (7floc) boiling water**  
**3.75ml (3/4tsp) bicarbonate of soda**  
**2.5ml (1/2tsp) vanilla essence**  
**10ml (2tsp) instant coffee dissolved in a little water**  
**75g (3oz) butter**  
**125g (5oz) caster sugar**  
**2 eggs (size 3), beaten**  
**175g (6oz) plain flour**  
**1 quantity of Walnut Toffee Sauce (see page 67)**

PREPARATION TIME - 15 MINUTES

- 1 Place the dates in a large bowl, add the boiling water, bicarbonate of soda, vanilla essence and dissolved coffee, mix well.
- 2 Cream butter and sugar together in a separate bowl until light and fluffy, beat in the eggs. Fold in the flour and dates, mix well. The resulting mixture will be sloppy. Grease and line the base of a 1.2 litre (2 pint) pudding basin with grease proof paper, pour in the pudding mixture.
- 3 Place on low rack, bake on DUAL COOK 180°C, LOW for 30 minutes until a skewer comes out clean. Allow to cool slightly before turning out on a warmed serving plate.
- 4 Pour the sauce over the pudding and serve hot.

**Microwave Tip: More juice from oranges & lemons**

Cut fruit in half and pierce lightly with a fork. Place in a shallow flan dish, cut side down. Heat on HIGH for 2 minutes.



*Sticky Toffee Pudding with Walnut & Toffee Sauce (page 53); Soufflé with Raspberry Coulis (page 53); Meringues with Strawberries & Cream (page 53); Floating Islands (page 54).*

## FLOATING ISLANDS

**SERVES 4-6**

### **custard:**

**10ml (2tsp) cornflour**

**450ml (¾ pint) milk**

**100g (4oz) caster sugar**

**2.5ml (½tsp) almond essence**

**4 egg yolks (size 3)**

### **islands:**

**2 egg whites (size 3)**

**90ml (6tbsp) icing sugar**

**45ml (3tbsp) honey, warmed (See Tip, page 60)**

### **Microwave Tip: Softening hard sugar**

Place sugar in a bowl, sprinkle lightly with water and heat on HIGH for 1 minute.

### **PREPARATION TIME - 15 MINUTES**

- 1 To prepare custard, dissolve cornflour in a little of the milk. Place remaining milk in a bowl. Add sugar and essence. Heat on HIGH for 4-5 minutes, stir every minute.
- 2 Stir egg yolk mixture and cornflour into the hot milk mixture. Heat on MEDIUM for 5-6 minutes, stir every minute until smooth and thick.
- 3 Pour custard into four compôte dishes. Chill.
- 4 To prepare islands, whisk egg whites to form stiff peaks. Add icing sugar, whisk until thick.
- 5 Place heaped tablespoons of meringue mixture on a large plate. Cook on HIGH for 1 minute until firm and springy to the touch like marshmallows.
- 6 Place islands on to the chilled custard. Drizzle honey over the islands to serve.



## CAKES & BISCUITS

### CHRISTMAS CAKE

SERVES 8-10

**225g (8oz) butter**

**175g (6oz) soft brown sugar**

**4 eggs (size 3), beaten**

**225g (8oz) plain flour**

**100g (4oz) currants**

**125g (5oz) raisins**

**125g (5oz) dried figs, chopped**

**100g (4oz) dried apricots, chopped**

**100g (4oz) glacé pineapple, chopped**

**75g (3oz) glacé cherries, halved**

**75g (3oz) ground almonds**

**grated rind of 1 large orange**

**5ml (1tsp) mixed spice**

**2.5ml (½tsp) nutmeg**

**2.5ml (½tsp) cinnamon**

**2.5ml (½tsp) almond essence**

**2.5ml (½tsp) vanilla essence**

**30ml (2tbsp) brandy or sherry**

**extra fruit and nuts to decorate (optional)**

PREPARATION TIME - 25 MINUTES



- 1 Grease and line a 20.3cm (8"), loose bottomed cake tin with greaseproof paper.
- 2 Cream the butter and sugar in a large bowl, beat in the eggs. Fold in the flour until well mixed.
- 3 Add the currants, raisins, figs, apricots, pineapple, cherries and ground almonds, mix well.
- 4 Stir in the orange rind, spices, almond and vanilla essence together with the brandy or sherry.
- 5 Spoon the mixture into the prepared tin, smooth the surface, decorate with fruit and nuts if using.
- 6 Place on the low rack, bake on DUAL COOK 160°C, LOW for 60-65 minutes until brown, firm and a skewer comes out cleanly.



Christmas Cake (page 55).



## MOIST CARROT CAKE

**SERVES 6-8**

**150ml (1/4 pint) sunflower oil**  
**225g (8oz) soft brown sugar**  
**3 eggs (size 3), beaten**  
**225g (8oz) self raising flour**  
**5ml (1tsp) bicarbonate of soda**  
**1.25 ml (1/4 tsp) salt**  
**10ml (2tsp) cinnamon**  
**175g (6oz) large carrots, grated**  
**125g (5oz) walnut halves, roughly chopped**  
**icing:**  
**225g (8oz) cream cheese (See Tip below)**  
**grated rind of 1 lemon**  
**5ml (1tsp) lemon juice (See Tip, page 53)**  
**30ml (2 tbsps) icing sugar**  
**25g (1oz) walnuts, finely chopped to sprinkle**

**PREPARATION TIME - 15 MINUTES**

- 1 Combine the oil, sugar and eggs. Fold in the flour, bicarbonate of soda, salt and cinnamon. Add the carrots and walnuts, mix well.
- 2 Grease and line a 20.4cm (8") soufflé dish with greaseproof paper, pour in the cake mixture.
- 3 Place on low rack, bake on DUAL COOK 200°C, MEDIUM LOW for 30 minutes until firm to the touch and a skewer comes out cleanly. Allow to cool before decorating.
- 4 To prepare icing, combine cream cheese, lemon rind, lemon juice and icing sugar until smooth. Spread on top of the cake, sprinkle with walnuts.

## VICTORIA SANDWICH CAKE

**SERVES 4-6**

**175g (6oz) margarine**  
**175g (6oz) caster sugar**  
**3 eggs (size 3), beaten**  
**175g (6oz) self raising flour**  
**45ml (3tbsps) strawberry jam**  
**25g (1oz) icing sugar to dredge**

**Variation:**

**Butterfly buns:** Place 10ml (2tsp) of cake mixture into 20 bun cases in bun trays. Bake in preheated oven CONVECTION 180°C for 23-24 minutes, after 15 minutes change the two trays around and continue cooking until firm. When cool, scoop a teaspoon of sponge from the centre of each bun, fill the hollow with buttercream. Cut each teaspoonful of sponge in half and position the "wings" in the buttercream.

**PREPARATION TIME - 8 MINUTES**

- 1 Preheat oven to CONVECTION 180°C. Grease and line the base of two 17.8cm (7") sandwich tins with greaseproof paper.
- 2 Cream the margarine and sugar until light and fluffy, beat in the eggs. Fold in the flour.
- 3 Spoon equal amounts of the cake mixture into the prepared tins.
- 4 Place one tin on the low rack and the other on the high rack. Bake in the preheated oven CONVECTION 180°C for 25 minutes, after 15 minutes change the two cakes around and continue cooking until evenly golden and firm to the touch. Allow to cool before turning out.
- 5 Sandwich with jam and dredge with icing sugar.

## LEMON SYRUP CAKE

**SERVES 6-8**

**100g (4oz) butter**  
**125g (5oz) caster sugar**  
**2 eggs (size 3), beaten**  
**grated rind of 2 large lemons**  
**175g (6oz) self raising flour**  
**30ml (2tbsps) milk**  
**glaze:**  
**juice of 1 medium lemon**  
**50g (2oz) icing sugar**

**PREPARATION TIME - 25 MINUTES**

- 1 Grease and line the base of a 17.8cm (7") cake dish with greaseproof paper.
- 2 Preheat the oven to 180°C.
- 3 Cream butter and sugar until light and fluffy, beat in eggs and lemon rind, fold in flour and milk. Spoon mixture into dish, smooth surface.
- 4 Place on low rack, preheat oven to CONVECTION 180°C, bake for 40 minutes.
- 5 Allow to cool before tuning out and glazing. To prepare glaze, mix lemon juice and icing sugar, heat on HIGH for 2 minutes until icing sugar has dissolved. Brush all over cake.

### Microwave Tip: Softening cream cheese

Place 225g (8oz) cream cheese on a plate. Heat on MEDIUM LOW for 1 minute until soft.

## CAKES & BISCUITS

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### PASSION CAKE

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SERVES 6-8

125g (5oz) wholemeal self raising flour
100g (4oz) self-raising flour
10ml (2tsp) baking powder
125g (5oz) caster sugar
75g (3oz) walnuts, finely chopped
100g (4oz) raisins
10ml (2tsp) cinnamon
3 eggs (size 3), beaten
juice and grated rind of 1 orange (Tip, page 53)
150ml (1¼ pint) sunflower oil
175g (6oz) carrots, grated
filling:
50g (2oz) butter
100g (4oz) icing sugar
grated rind of half a medium orange
15ml (1tbsp) orange juice (see Tip, page 53)

PREPARATION TIME - 20 MINUTES

- 1 Place flours, baking powder, sugar, walnuts, raisins and cinnamon in a large bowl, mix well.
- 2 Add the eggs, orange juice and rind, oil and grated carrot, mix well.
- 3 Grease and line the base of a 17.8cm (7") cake dish with greaseproof paper
- 4 Place on low rack, bake on DUAL COOK 200°C, MEDIUM LOW for 30 minutes until golden and a skewer comes out cleanly. Allow to cool slightly before turning out.
- 5 To prepare the filling, place butter, icing sugar, orange juice and rind in a bowl, mix until smooth. Slice the cake in half and fill with the buttercream, dredge with icing sugar.

### LATTICE CAKE

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SERVES 6-8

100g (4oz) butter
100g (4oz) caster sugar
3 eggs (size 3), beaten
100g (4oz) plain flour
75g (3oz) ground almonds
175g (6oz) mixed dried fruit
decorate:
50g (2oz) marzipan (see Tip, page 57)
25g (1oz) glacé cherries, halved
25g (1oz) walnut halves

PREPARATION TIME - 20 MINUTES

- 1 Cream the butter and sugar until light and fluffy, beat in the eggs. Fold in the flour, ground almonds and fruit until well combined.
- 2 Spoon the cake mixture into a greased, lined 17.8cm (7") dish, smooth the surface.
- 3 Roll out the marzipan thinly and cut into 8 equal strips, place 4 strips 2cm (1½") apart on top of the cake and place remaining strips on top in the opposite direction to create a lattice effect.
- 4 Place cherry and walnut halves alternately in each of the empty squares created by the pattern.
- 5 Place on low rack, bake on DUAL COOK 200°C, LOW for 22-24 minutes until golden and firm.

### CHERRY & ALMOND CAKE

---

SERVES 6

175g (6oz) butter
175g (6oz) caster sugar
3 eggs (size 3)
175g (6oz) plain flour
5ml (1tsp) baking powder
100g (4oz) glacé cherries, quartered
75g (3oz) ground almonds
5ml (1tsp) almond essence
15ml (1tbsp) milk

PREPARATION TIME - 12 MINUTES

- 1 Cream the butter and sugar together until light and fluffy, beat in the eggs.
- 2 Fold in flour and baking powder, stir in cherries, ground almonds, almond essence and milk.
- 3 Grease and line the base of a 17.8cm (7") cake dish with greaseproof paper. Spoon in the cake mixture and smooth the surface.
- 4 Place on low rack, bake on DUAL BAKE 200°C, MEDIUM LOW for 20 minutes until golden and a skewer comes out cleanly.

#### Microwave Tip: Softening hard marzipan

Remove marzipan from packaging, place on turntable and heat on HIGH for 30 seconds.

### PLAIN MICROWAVE CAKE

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**SERVES 4-6**

**100g (4oz) margarine**  
**100g (4oz) caster sugar**  
**2 eggs (size 3), beaten**  
**100g (4oz) self raising flour**  
**30-45ml (2-3tbsp) water**

**PREPARATION TIME - 8 MINUTES**

- 1 Cream margarine and sugar, beat in the eggs. Fold in the flour and water. Grease and line the base of a 17.8cm (7") cake dish with greaseproof paper. Spoon mixture into dish and smooth.
- 2 Cook on HIGH for 4-5 minutes until firm. Allow to cool slightly before turning out.

### HONEY & LEMON SQUARES

---

**SERVES 6**

**125g (5oz) butter**  
**50g (2oz) set honey (See Tip, page 60)**  
**50g (2oz) soft brown sugar**  
**1 egg (size 3)**  
**grated rind and juice of 1 lemon (Tip, page 53)**  
**175g (6oz) self raising flour**  
**30ml (2tbsp) milk**  
**topping:**  
**15ml (1tbsp) lemon juice (see Tip, page 53)**  
**15ml (1tbsp) clear honey (see Tip, page 60)**  
**demerara sugar to sprinkle**

**PREPARATION TIME - 8-10 MINUTES**

- 1 Grease and line the base of a square 20.4cm (8") dish with kitchen paper.
- 2 Cream the butter, honey and sugar until light and fluffy. Beat in egg and lemon rind, stir in lemon juice, flour and milk.
- 3 Spoon mixture into the prepared dish. Cook on MEDIUM for 8 minutes until firm to the touch. Cool before turning out.
- 4 Topping, place lemon juice and honey in a bowl, mix well. Heat on HIGH for 1 minute. Brush over the cake, sprinkle with sugar, cut into squares.

### BANANA & ORANGE TEABREAD

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**SERVES 6**

**100g (4oz) self raising flour**  
**100g (4oz) wholemeal self raising flour**  
**100g (4oz) light soft brown sugar**  
**100g (4oz) margarine, melted**  
**3 ripe bananas, mashed (See Tip, page 37)**  
**1 egg (size 3), beaten**  
**juice and rind of 1 orange (see Tip, page 53)**  
**5ml (1tsp) mixed spice**  
**topping:**  
**25g (1oz) toasted almonds (See Tip, page 19)**

**PREPARATION TIME - 8 MINUTES**

- 1 Combine all ingredients in a large bowl. Spoon the mixture into a greased 1.5 litre (2 1/2 pint) loaf dish. Sprinkle the surface with toasted almonds.
- 2 Cook on MEDIUM for 15 minutes, until firm to the touch and a skewer comes out cleanly. Leave to cool before turning out.

*To serve slice and spread with butter.*

### MARBLED CHOCOLATE LOAF

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**SERVES 6**

**175g (6oz) butter**  
**175g (6oz) caster sugar**  
**3 eggs (size 3)**  
**175g (6oz) plain flour**  
**grated rind of 1 orange**  
**50g (2oz) plain chocolate, broken into pieces**

**PREPARATION TIME - 8 MINUTES**

- 1 Grease and line the base of a 1.2 litre (2 pint) loaf dish with greaseproof paper.
- 2 Cream butter and sugar, beat in eggs. Fold in flour. Place half the mixture in separate bowl, stir in orange rind. Heat chocolate on HIGH for 2 minutes, stir every 30 seconds until melted. Stir chocolate into remaining mixture. Place alternate spoonfuls of the two mixtures into prepared dish.
- 3 Use a skewer to swirl mixture creating a marbled effect, smooth the surface.
- 4 Cook on HIGH for 6 minutes until a skewer comes out clean. Allow to cool before turning out.

#### **Microwave Tip: Melting chocolate**

Break 50g (2oz) chocolate into small pieces and place in a bowl. Heat on HIGH for 2 minutes, stir every 30 seconds until evenly melted.

## CAKES & BISCUITS

### CARAMEL SHORTBREAD

SERVES 6-8

**shortbread:**

100g (4oz) butter

50g (2oz) caster sugar

125g (5oz) plain flour

25g (1oz) ground rice

**caramel:**

50g (2oz) butter

50g (2oz) caster sugar

200g (7oz) condensed milk

15ml (1tbsp) golden syrup

**topping:**

100g (4oz) milk chocolate, in small pieces

**Variation:**

**Shortbread:** Omit caramel and chocolate. Make as to Stage 3. Before cooling, dredge with sugar, prick all over with a skewer and cut into wedges.

PREPARATION TIME -15 MINUTES

- 1 To prepare the shortbread, cream the butter and sugar until light and fluffy, gradually add the flour and ground rice to make a firm dough.
- 2 Press the dough evenly into a greased 17.8cm (7") flan dish, cook on MEDIUM for 6 minutes.
- 3 Press the hot shortbread firmly down with the back of a spoon, allow to cool.
- 4 To prepare the caramel, place all ingredients in a bowl, mix well. Cook on HIGH for 5 minutes, stir every minute until toffee coloured.
- 5 Pour caramel onto the shortbread, chill to set.
- 6 When caramel is cold, place the chocolate in a small bowl and heat on HIGH for 3 minutes, stir every minute until evenly melted. Spread on to the caramel, chill to set the chocolate before cutting into slices.



Shortbread (page 59); Honey & Lemon Squares (page 58); Chocolate Brownies (page 60); Rich Flapjack (page 60); Banana & Orange Teabread (page 58); Christmas Cake (page 55); Marbled Chocolate Loaf (page 58); Parkin (page 60); Moist Carrot Cake (page 56).



## CAKES & BISCUITS

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### PARKIN

**SERVES 6-8**

**225g (8oz) medium oatmeal**

**225g (8oz) self raising flour**

**10ml (2tsp) ground ginger**

**225g (8oz) margarine**

**225g (8oz) brown sugar**

**225g (8oz) golden syrup**

**300ml (1½ pint) milk**

**Microwave Tip: Softening crystalised honey**

Place 100g (4oz) honey in a bowl. Heat on HIGH for 1 minute until runny.

**PREPARATION TIME - 10 MINUTES**

- 1 Place oatmeal, flour and ginger in a bowl, mix well.
- 2 Place the margarine, sugar, syrup and milk in a large bowl, heat on HIGH for 5 minutes, stir every minute. Stir in flour mixture, mix well.
- 3 Grease and line the base of a deep, square 20.4cm (8") dish with greaseproof paper, pour in parkin mixture.
- 4 Place on low rack, bake on DUAL COOK 180°C, MEDIUM LOW for 25 minutes until well risen and a skewer comes out clean.

### RICH FLAPJACK

**SERVES 6-8**

**175g (6oz) butter**

**100g (4oz) caster sugar**

**175g (6oz) golden syrup**

**275g (10oz) jumbo oats**

**PREPARATION TIME -15 MINUTES**

- 1 Place the butter, sugar and syrup in a large bowl, heat on HIGH for 3-4 minutes, stir every minute until melted, add the oats, mix well.
- 2 Spoon mixture into a greased 20.3cm (8") flan dish, smooth the surface.
- 3 Place on low rack, use sequence programming to cook on MEDIUM for 7 minutes, then on DUAL GRILL, MEDIUM LOW for 4 minutes until brown.

### SHREWSBURY BISCUITS

**SERVES 6-8**

**100g (4oz) butter**

**100g (4oz) caster sugar**

**1 egg (size 3), beaten**

**225g (8oz) plain flour**

**grated rind of 1 lemon**

**5ml (1tsp) lemon juice**

**PREPARATION TIME -12 MINUTES**

- 1 Preheat oven to CONVECTION 200°C and grease two flan dishes.
- 2 Cream the butter and sugar, beat in the egg.
- 3 Stir in flour, lemon rind and juice to form a firm dough. Chill.
- 4 Roll out dough until 0.6cm (¼") thick. Cut out round biscuits 6.3cm (2½") in diameter. Arrange in prepared dishes.
- 5 Place one dish on the low rack and the other on the high rack. Bake in preheated oven CONVECTION 200°C for 15 minutes.

### CHOCOLATE BROWNIES

**SERVES 6-8**

**340g (8oz) margarine**

**340g (8oz) caster sugar**

**7.5ml (2½tsp) vanilla essence**

**6 eggs (size 3), beaten**

**150g (4oz) plain flour**

**75g (2oz) cocoa powder**

**2.5ml (1tsp) baking powder**

**100g (3oz) walnuts, roughly chopped**

**PREPARATION TIME -10 MINUTES**

- 1 Combine the margarine, sugar, vanilla essence and eggs together until smooth.
- 2 Stir in the remaining ingredients.
- 3 Grease and line the base of a deep, square 20.4cm (8") dish with greaseproof paper, spoon in the brownie mixture and smooth the surface.
- 4 Place on the low rack, bake on DUAL COOK 180°C, MEDIUM LOW for 25 minutes until a skewer comes out cleanly.

## BREAD & SCONES

### MILK BREAD

MAKES 2 LOAVES

675g (1½lb) strong white flour  
1 x 7g sachet of easy blend yeast  
10ml (2tsp) caster sugar  
5ml (1tsp) salt  
50g (2oz) butter  
450ml (¾ pint) hand hot milk  
1 egg (size 3), beaten to glaze

#### Variations:

**Wholemeal Bread:** Substitute strong white flour with strong wholemeal flour.

**Crisp wholemeal rolls:** Divide into 12 even pieces at Stage 4. Place in two greased flan dishes and prove one layer at a time on LOW for 3-4 minutes.

**Jet Convection:** Cook one layer at a time on the low rack. Cook on DUAL COOK 220°C, LOW for 10 minutes until golden.

**Quartz Grill:** Place on the low rack and cook on DUAL GRILL, MEDIUM for 7-8 minutes until golden.



### CRUSTY CHEESE TWIST

SERVES 6-8

675g (1½lb) strong white flour  
1 x 7g sachet easy blend yeast  
10ml (2tsp) caster sugar  
5ml (1tsp) salt  
25g (1oz) butter  
450ml (¾ pint) hand hot water  
175g (6oz) Edam cheese, grated  
15ml (1tbsp) fresh parsley, chopped  
1 egg (size 3), beaten to glaze

Serve with soup or use as a sandwich bread.

#### Microwave Tip: Freshening bread

Place 100g (4oz) bread on the turntable and heat on HIGH for 30 seconds.

PREPARATION TIME - 15 MINUTES

- 1 Place flour, yeast, sugar and salt in a large bowl, mix well. Rub in the butter, add milk, mix to a soft, pliable dough. Turn out and knead for 3-4 minutes until smooth. Return dough to bowl, cover with cling film.
- 2 Place on turntable, prove on CONVECTION 40°C for 20-25 minutes until almost double in size.
- 3 Divide dough into two equal pieces, knead each in turn for 2-3 minutes. Shape dough into oblongs to fit two greased, 1.5 litre (2½ pint) Pyrex® loaf dishes. Cover with cling film, return to oven to prove.
- 4 Prove on CONVECTION 40°C for 10-15 minutes.
- 5 Remove cling film. Glaze with egg, using scissors, make shallow snips all over the surface to make a "spiky" effect (optional).
- 6 Place both dishes on low rack, bake in a preheated oven CONVECTION 220°C for 25-30 minutes until golden.

PREPARATION TIME - 20 MINUTES

- 1 Mix flour, yeast, sugar and salt in a large bowl, rub in the butter.
- 2 Add water, mix to a soft dough. Turn out and knead for 3-4 minutes. Return dough to bowl, cover with cling film. Prove on CONVECTION 40°C for 20-25 minutes until double in size.
- 3 Roll out the dough to make a rectangle 38 x 28cm (15 x 11"), sprinkle with the cheese and parsley. Roll up widthways. Cut in half, roll each half into a long sausage shape. Overlap the two rolls alternately to form a twist, pull the two ends together into a ring. Seal ends with a little egg.
- 4 Place the cheese twist onto a greased, round baking tray, cover with cling film. Prove on CONVECTION 40°C for 10-15 minutes.
- 5 Preheat the oven to CONVECTION 220°C. Whilst the oven is preheating chill the dough, this will prevent the dough from over rising.
- 6 Glaze the dough with egg, bake in the oven on CONVECTION 220°C, for 25 minutes.

## BREAD & SCONES

### CHELSEA BUNS

SERVES 6



225g (8oz) strong plain flour

10ml (2tsp) dried yeast

5ml (1tsp) caster sugar

15g (1/2oz) butter

1 egg (size 3), beaten

120ml (4floz) hand hot milk

filling: 50g (2oz) butter

50g (2oz) soft brown sugar

100g (4oz) mixed dried fruit

grated rind of 1 medium orange

5ml (1tsp) cinnamon

glaze: 30ml (2tbsp) golden syrup

PREPARATION TIME - 20 MINUTES

- 1 In a bowl mix flour, yeast and sugar. Rub in butter. Add egg and milk, mix to a soft dough, knead until smooth and elastic. Return dough to bowl, cover with cling film.
- 2 Place on turntable, prove on CONVECTION 40°C for 15-20 minutes.
- 3 Knead dough for 2-3 minutes. Roll into rectangle 12 x 9". Mix filling ingredients. Heat on HIGH for 2 minutes. Spread fruit over dough, roll up widthways. Cut into nine slices, place flat side down in a square 8" dish, cover with cling film.
- 4 Prove on CONVECTION 40°C for 12 minutes. Remove cling film.
- 5 Preheat the oven to 220°C.
- 6 Place on low rack, bake in a preheated oven on DUAL COOK 220°C, LOW for 18-20 minutes.

*Turn out and brush with syrup whilst hot.*



*Clockwise from bottom left: Crusty Cheese Twist (page 61); Date & Walnut Bread (page 63); Chelsea Buns (page 62); Danish Tea Ring (page 64); Milk Bread (page 61); Soda Bread (page 63); Potato Bread (page 63).*

## BREAD & SCONES

### POTATO BREAD

SERVES 4

**275g (10oz) potato, cooked and mashed**  
**275g (10oz) self raising flour**  
**100g (4oz) mature Cheddar cheese, grated**  
**5ml (1tsp) salt**  
**5ml (1tsp) mixed dried herbs**  
**2 cloves garlic, crushed (see Tip, Page 29)**  
**10ml (2tsp) whole grain mustard**  
**1 egg (size 3), beaten**  
**75ml (5tbsp) milk**  
**1 egg (size 3), beaten to glaze**  
**5ml (1tsp) fresh parsley, chopped to sprinkle**

PREPARATION TIME -15 MINUTES

- 1 Place the potato, flour, cheese, salt, herbs, garlic and mustard in a large bowl, mix well.
- 2 Add the egg and milk, mix to form a soft dough. Knead the dough into a round shape approx. 20.4cm (8") in diameter. Place in a 25.4cm (10") flan dish, brush with egg to glaze, sprinkle with parsley.
- 3 Place on the low rack, use sequence programming to cook on MEDIUM for 8 minutes, then on DUAL GRILL, MEDIUM for 6-8 minutes until golden.

*Serve with soup, cheese or salad.*

### SODA BREAD

SERVES 4

**175g (6oz) wholemeal self raising flour**  
**100g (4oz) medium oatmeal**  
**2.5ml (1/2tsp) salt**  
**5ml (1tsp) bicarbonate of soda**  
**25g (1oz) butter**  
**120ml (4flop) natural yoghurt**  
**90ml (6tbsp) milk**  
**1 egg (size 3), beaten to glaze**  
**sesame seeds to sprinkle**

PREPARATION TIME -15 MINUTES

- 1 Combine flour, oatmeal, salt, bicarbonate of soda in a large bowl. Rub in the butter.
- 2 Add the yoghurt and milk, mix to form a soft but not sticky dough.
- 3 Knead lightly into a round shape approx. 20.4 cm (8") in diameter. Place in a greased 25.4cm (10") flan dish.
- 4 Use a knife to mark into 8 wedges, cut only halfway through dough. Glaze surface with egg, sprinkle with sesame seeds.
- 5 Preheat the oven to 220°C.
- 6 Place on low rack, bake in a preheated oven on DUAL COOK 200°C, LOW for 16-18 minutes until golden.

*Serve with cheese and a salad.*

#### Microwave Tip: Ripening cheese

Place 100g (4oz) cheese (e.g. Camembert or Brie) on a plate and heat on MEDIUM for 20-30 seconds.

### DATE & WALNUT BREAD

SERVES 6-8

**175g (6oz) dates, chopped**  
**150ml (1/4 pint) boiling water**  
**225g (8oz) plain flour**  
**125g (5oz) wholemeal flour**  
**125g (5oz) caster sugar**  
**2.5ml (1/2tsp) salt**  
**2.5ml (1/2tsp) bicarbonate of soda**  
**100g (4oz) butter**  
**125g (5oz) walnuts, roughly chopped**  
**150ml (1/4 pint) milk**  
**1 egg (size 3), beaten**

PREPARATION TIME - 15 MINUTES

- 1 Place dates in a large bowl, add the boiling water, leave aside to cool.
- 2 Place flours, sugar, salt and bicarbonate of soda in a bowl, mix well. Rub in butter until mixture resembles fine breadcrumbs, stir in walnuts.
- 3 Add the date mixture, milk and egg, mix well.
- 4 Grease and line the base of a 1.5 litre (2 1/2 pint), straight-sided loaf dish with greaseproof paper. Spoon in loaf mixture and smooth the surface.
- 5 Preheat the oven to 200°C.
- 6 Place on low rack, bake in a preheated oven on DUAL COOK 200°C, MEDIUM for 16-18 minutes until a skewer comes out cleanly.

*Serve sliced, spread generously with butter.*



## BREAD & SCONES

### DANISH TEA RING

SERVES 6-8

250g (9oz) strong plain flour

5ml (1tsp) dried yeast

5ml (1tsp) caster sugar

5ml (1tsp) salt

25g (1oz) butter

1 egg (size 3), beaten

120ml (4floz) hand hot milk

25g (1oz) butter, melted

**filling:**

100g (4oz) ground almonds

100g (4oz) caster sugar

2.5ml (1/2tsp) almond essence

2 egg whites (size 3)

**topping:**

175g (6oz) icing sugar

10ml (2tsp) lemon juice

10ml (2tsp) water

flaked almonds, to sprinkle

glacé cherries, halved, to sprinkle

PREPARATION TIME - 25 MINUTES

- 1 Place flour, yeast, sugar and salt in a bowl, mix well. Rub in butter. Add egg and milk, mix to a soft dough. Knead lightly. Return to the bowl, cover with cling film.
- 2 Place on low rack, prove on CONVECTION 40°C for 15-20 minutes.
- 3 Roll the dough into a rectangle 20.4 x 38cm (8 x 14"), brush with melted butter.
- 4 Preheat the oven to 220°C.
- 5 Prepare filling, mix almonds, sugar, essence and egg whites to a paste. Spread over the dough, roll up tightly from longest side.
- 6 Place roll in a large, greased flan dish, join ends to form a ring. Using scissors snip 1cm (1/2") into the dough along the length of the ring at 2cm (3/4") intervals. Cover loosely with cling film.
- 7 Place on turntable, prove on CONVECTION 40°C for 12 minutes. Remove cover.
- 8 Place on low rack, bake in a preheated oven CONVECTION 220°C for 25-30 minutes until golden. Cool before decorating.
- 9 To prepare topping, mix icing sugar, lemon juice and water until smooth. Spread evenly over tea ring, sprinkle with flaked almonds and cherries.

#### Microwave Tip: Drying breadcrumbs

Spread 100g (4oz) fresh breadcrumbs evenly over a large plate. Heat on HIGH for 2-3 minutes, stir every minute until crispy.

### FRUIT SCONES

SERVES 6-8

225g (8oz) self raising flour

50g (2oz) caster sugar

50g (2oz) butter

50g (2oz) sultanas

1 egg (size 3), beaten with milk to make 150ml (1/4 pint)

1 egg (size 3), beaten to glaze

**Variations:**

**Wholemeal scones:** Substitute white self raising flour with wholemeal self raising flour, omit sultanas.

**Date scones:** Substitute white self raising flour with wholemeal self raising flour and the sultanas with 50g (2oz) dates, finely chopped.

**Spiced apple scones:** Substitute white self raising flour with wholemeal flour and sultanas with 1 eating apple, grated. Add 5ml (1tsp) cinnamon at Stage 2.

**Cheese and chive scones:** Omit sugar and sultanas. Add 100g (4oz) grated Cheddar cheese, 15ml (1tbsp) dried chives, salt and pepper at Stage 2.

PREPARATION TIME - 15 MINUTES

- 1 Preheat oven to CONVECTION 200°C and grease two large flan dishes.
- 2 Combine the flour and sugar in a bowl, rub in the butter and stir in the fruit. Add enough egg and milk mixture to form a soft dough.
- 3 Roll out until 2cm (3/4") thick, cut out scones 6.4cm (2 1/2") in diameter.
- 4 Place the scones in the prepared dishes and brush with egg to glaze.
- 5 Place one dish on low rack and the other on the high rack, bake in the preheated oven CONVECTION 200°C for 25 minutes, after 15 minutes change the 2 trays around, until golden.

**Fresh herb scones:** Omit sugar and sultanas. Add 5ml (1tsp) fresh parsley, 5ml (1tsp) fresh sage and 5ml (1tsp) fresh thyme at Stage 2.

## SAUCES

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### WHITE SAUCE

---

MAKES 300ML (1/2 PINT)

25g (1oz) butter

25g (1oz) plain flour

300ml (1/2 pint) milk

salt and pepper to taste

#### Variations:

**Cheese sauce:** Add 75g (3oz) grated cheese and 5ml (1tsp) mustard powder at Stage 2. Serve with vegetables, fish, meat.

**Parsley sauce:** Stir 15-30ml (1-2tbsp) chopped parsley into the finished sauce. Serve with fish.

**Onion sauce:** Stir 1 large cooked onion, finely chopped, into finished sauce. Heat on HIGH for 1 minute. Serve with meat or vegetables.

PREPARATION TIME - 4 MINUTES

- 1 Place the butter in a bowl, heat on HIGH for 1 minute until melted.
- 2 Stir in the flour and gradually whisk in the milk. Cook on HIGH for 3 minutes, stir every minute until thick and smooth. Season with salt and pepper

**Mushroom sauce:** Add 2 sliced spring onions, 50g (2oz) chopped mushrooms and 5ml (1tsp) chopped parsley at the beginning of Stage 2. Serve with fish.

**Sweet white sauce:** Omit salt and pepper from the basic recipe. Add 50g (2oz) caster sugar at Stage 2. Serve with puddings as an alternative to custard.

### HOLLANDAISE SAUCE

---

MAKES 150ML (1/4 PINT)

30ml (2tbsp) white wine vinegar

6 black peppercorns

1.25ml (1/4tsp) dried rosemary

100g (4oz) unsalted butter

2 egg yolks (size 3)

pinch of salt

5ml (1tsp) lemon juice

PREPARATION TIME - 4 MINUTES

- 1 Place vinegar, peppercorns and rosemary in a bowl, heat on HIGH for 1 minute. Strain.
- 2 In a separate dish melt 15g (1/2oz) of the butter on HIGH for 30 seconds and whisk in the egg yolks. Whisk egg mixture into the vinegar, heat on HIGH for 10 seconds and whisk again. Gradually whisk in remaining butter a knob at a time until smooth and thick, stir in salt and lemon juice.

Serve warm or cold with steak or fish.

### BLUE CHEESE SAUCE

---

MAKES 150ML (1/4 PINT)

75g (3oz) Danish Blue cheese, finely chopped

45ml (3tbsp) soured cream

30ml (2tbsp) fresh parsley, chopped

salt and pepper to taste

PREPARATION TIME - 5 MINUTES

- 1 Place the cheese, soured cream and parsley in a bowl, mix well. Season.
- 2 Heat on HIGH for 2-3 minutes.

Serve with Pasta with Pinenuts (page 44).

### SPICY TOMATO SAUCE

---

MAKES 600ML (1 PINT)

8 large tomatoes, chopped

1 large onion, chopped

2 cloves garlic, crushed (see Tip, page 29)

300ml (1/2 pint) red wine

2.5ml (1/2tsp) chilli powder

15ml (1tbsp) whole grain mustard

30ml (2tbsp) tomato paste

PREPARATION TIME - 8 MINUTES

- 1 Combine all ingredients in a large bowl. Cook on HIGH for 20-24 minutes, stir every 5-6 minutes.
- 2 Blend in a food processor until smooth.

Serve with stuffed tofu, see page 40.

## SAUCES & PRESERVES

### TOFFEE & WALNUT SAUCE

MAKES 300ML (1/2 PINT)

**125g (5oz) butter**

**175g (6oz) dark soft brown sugar**

**90ml (6tbsp) double cream**

**50g (2oz) walnuts, finely chopped**

PREPARATION TIME - 8 MINUTES

- 1 Combine all ingredients in a bowl, heat on MEDIUM HIGH for 4-5 minutes, stir every minute until sugar has dissolved and the mixture is thick and glossy.

*Serve hot with ice-cream or Sticky Toffee Pudding (page 53).*

### CHOCOLATE SAUCE

MAKES 150ML (1/4 PINT)

**50g (2oz) plain chocolate**

**30ml (2tbsp) water**

**90ml (6tbsp) evaporated milk**

**5ml (1tsp) cornflour**

**5ml (1tsp) caster sugar**

**5ml (1tsp) vanilla essence**

PREPARATION TIME - 5 MINUTES

- 1 Heat chocolate and water on HIGH for 1 minute, stir after 30 seconds. Stir vigorously until melted.
- 2 Add evaporated milk, cornflour and sugar. Heat on HIGH for 1-2 minutes, mix well. Finally, stir in the vanilla essence.

*Serve hot or cold with ice-cream, chocolate sponge.*

### DATE CHUTNEY

MAKES 800g (1 3/4 LB)

**225g (8oz) dates, stoned and roughly chopped**

**225g (8oz) currants**

**1 medium onion, finely chopped**

**175g (6oz) brown sugar**

**2 cloves garlic, crushed (see Tip, page 29)**

**10ml (2tsp) salt**

**5ml (1tsp) chilli powder**

**300ml (1/2 pint) vinegar**

PREPARATION TIME - 15 MINUTES

- 1 Place all ingredients in a large bowl, mix well.
- 2 Cook on MEDIUM HIGH for 16-18 minutes, stir every 3-4 minutes.
- 3 Spoon into hot, clean jars. Cover, seal and label.

**\* Setting Point:** To determine, place 5ml (1tsp) jam onto a saucer. Chill. Move surface of jam with finger, if it wrinkles, setting point has been reached.

### STRAWBERRY JAM

MAKES 675g (1 1/2 LB)

**675g (1 1/2 lb) strawberries, washed and hulled**

**45ml (3tbsp) lemon juice (see Tip, Page 53)**

**675g (1 1/2 lb) caster sugar**

PREPARATION TIME - 15 MINUTES

- 1 Place strawberries and lemon juice in a very large bowl.
- 2 Heat on HIGH for 4 minutes until strawberries have softened. Add the sugar, mix well.
- 3 Cook on MEDIUM HIGH for 30-35 minutes until setting point\* is reached, stir every 4-5 minutes.
- 4 Pour into hot, clean jars. Cover, seal and label.

### RASPBERRY JAM

MAKES 900g (2LB)

**675g (1 1/2 lb) raspberries, washed and hulled**

**45ml (3tbsp) lemon juice (see Tip, Page 53)**

**675g (1 1/2 lb) caster sugar**

PREPARATION TIME - 15 MINUTES

- 1 Place raspberries and lemon juice in a very large bowl. Cook on HIGH for 4 minutes until raspberries soften.
- 2 Stir in the sugar, cook on MEDIUM HIGH for 30-35 minutes until setting point\* is reached, stir every 4-5 minutes.
- 3 Pour into hot, clean jars. Cover, seal and label.



## LEMON CURD

MAKES 300g (12oz)

100g (4oz) butter

450g (1lb) caster sugar

juice of 4 medium lemons (see Tip, page 53)

grated rind of 4 lemons

4 eggs (size 3), beaten

PREPARATION TIME - 8 MINUTES

- 1 Place butter and sugar in a bowl. Heat on HIGH for 2 minutes until melted.
- 2 Mix, lemon juice and rind. Stir into the butter and sugar mixture. Heat on HIGH for 2 minutes until sugar has dissolved. Cool slightly.
- 3 Beat in the eggs, cook on MEDIUM for 8-9 minutes, stir every 2 minutes until thickened.
- 4 Pour into hot, clean jars. Cover, seal and label.

## PEANUT BRITTLE

MAKES 300g (10oz)

100g (4oz) caster sugar

75g (3oz) golden syrup

60ml (4tbsp) water

2.5ml (½tsp) baking powder

25g (1oz) butter

125g (5oz) unsalted peanuts, blanched

PREPARATION TIME - 8 MINUTES

- 1 Mix sugar, syrup and water in a bowl. Heat on HIGH for 2 minutes, stir every minute until sugar has dissolved.
- 2 Add the baking powder and butter, mix well. Heat on HIGH for 1 minute. Stir in the peanuts, cook on MEDIUM HIGH for 4-5 minutes, stir every minute until **hard crack\*** stage is reached.
- 3 Pour the mixture into a greased, square 15.3cm (6") dish, chill to set before breaking.

**\*Hard crack:** To determine drop a teaspoon of mixture into a glass of cold water and the toffee should be hard to the touch.

## TRUFFLES

MAKES 12

50g (2oz) plain chocolate, broken into pieces

25g (1oz) butter

75g (3oz) sponge cake, crumbled

25g (1oz) icing sugar

15ml (1tbsp) rum

100g (4oz) plain chocolate, to coat

100g (4oz) dark chocolate vermicelli, to coat

PREPARATION TIME - 20 MINUTES

- 1 Place chocolate and butter in a bowl. Heat on HIGH for 1 minute, stir until melted.
- 2 Add sponge, icing sugar and rum, mix well.
- 3 Chill the mixture until set enough to handle. Lightly dust your hands with icing sugar and roll the truffle mixture into 12 even sized balls.
- 4 Break chocolate and place in a bowl. Heat on HIGH for 2-3 minutes, stir every 30 seconds until melted.
- 5 Pour the vermicelli into a separate bowl.
- 6 Roll each truffle ball first in the chocolate and then in the vermicelli, coat evenly. Place on greaseproof paper, chill to set.

## Microwave Tip: Toasting coconut

Spread 100g (4oz) desiccated coconut on a plate. Heat on HIGH for 2-3 minutes, stir every minute.

## CHOCOLATE FUDGE

MAKES 675g (1½LB)

100g (4oz) milk chocolate, broken into pieces

100g (4oz) butter, melted

450g (1lb) icing sugar

45ml (3tbsp) milk

PREPARATION TIME - 6 MINUTES

- 1 Place the chocolate in a bowl and heat on HIGH for 2 minutes, stir every 30 seconds until melted.
- 2 Stir in butter, icing sugar and milk. Heat on HIGH for 2-3 minutes, stir vigorously every minute until the mixture is thick and glossy.
- 3 Pour into a greased, rectangular 20.4 x 15.3cm (8 x 6") dish, chill to set before cutting.



## COOKING FOR ONE

### COQ AU VIN

SERVES 1-2

PREPARATION TIME - 12 MINUTES

IDEAL SERVED WITH RICE AND A CRISP GREEN SALAD

**50g (2oz) bacon, chopped**  
**1 small onion, chopped**  
**1 clove garlic, crushed (see Tip, Page 29)**  
**15g (1/2oz) plain flour**  
**salt and pepper to taste**  
**150ml (1/4 pint) red wine**  
**150ml (1/4 pint) chicken stock**  
**2 chicken portions**  
**100g (4oz) button mushrooms**  
**1 bay leaf**

- 1 Place bacon, onion and garlic in a 1.5 litre (2 1/2 pint) casserole dish, mix well. Cook on HIGH for 1 minute.
- 2 Add the flour, salt and pepper, mix well. Gradually stir in the wine and stock.
- 3 Add chicken, mushrooms and bay leaf.
- 4 Place on low rack, cook on DUAL COOK 200°C, MEDIUM HIGH for 20-25 minutes, stir every 5 minutes. Remove bay leaf.

### SWEET & SOUR SPARE RIBS

SERVES 1-2

PREPARATION TIME - 8 MINUTES

IDEAL SERVED WITH NEW POTATOES AND CRISP VEGETABLES

**1 small onion, finely chopped**  
**1/2 green pepper, finely chopped**  
**2.5ml (1/2tsp) dried mixed herbs**  
**1 clove garlic, crushed (see Tip, Page 29)**  
**15g (1/2oz) butter**  
**15g (1/2oz) plain flour**  
**15ml (1tbsp) white wine vinegar**  
**10ml (2tsp) soy sauce**  
**150ml (1/4 pint) hot chicken stock**  
**25g (1oz) soft dark brown sugar**  
**400g (14oz) pork spare ribs, separated**

- 1 Place the onion, green pepper, herbs, garlic and butter in a large bowl, mix well. Cook on HIGH for 1 minute.
- 2 Stir in the flour, gradually add the vinegar, soy sauce, stock and sugar. Cook on HIGH for 2-3 minutes, stir every minute until the mixture has thickened.
- 3 Add the ribs, cook on HIGH for 12-14 minutes. Stir and baste every 4 minutes.
- 4 Arrange the ribs in a warmed serving dish, pour the sauce over the top.

### APRICOT PUDDING

SERVES 1-2

PREPARATION TIME - 15 MINUTES

**225g (8oz) canned apricot halves, drained**  
**50g (2oz) margarine**  
**50g (2oz) caster sugar**  
**1 egg (size 3), beaten**  
**75g (3oz) self raising flour**  
**15ml (1tbsp) milk**  
**25g (1oz) flaked almonds**

- 1 Place apricots in the bottom of a 1 litre (1 3/4 pint) casserole dish.
- 2 Cream margarine and sugar, beat in egg. Fold in flour, add milk to soften if necessary.
- 3 Spoon mixture onto apricots, smooth and sprinkle with almonds.
- 4 Place on low rack, bake in a preheated oven on DUAL BAKE 200°C, MEDIUM LOW for 12-13 minutes until golden.